

# YOUTH DEVELOPMENT

Nurturing the potential of  
every child and teen.



# SOCIAL RESPONSIBILITY

Giving back and  
supporting our  
neighbors.



# HEALTHY LIVING

Improving the  
community's health  
and well-being.

## 2018 WINTER PROGRAM GUIDE

# EMPOWER MORE THAN YOURSELF

For more than a workout. For a better us.

WINTER 1 SESSION: JAN 8 - FEB 25

WINTER 2 SESSION: FEB 27 - APR 24



# TRI-CITIES FAMILY YMCA

**TRI-CITIES FAMILY YMCA**  
 1 Y Drive • Grand Haven, MI 49417  
 616.842.7051 | www.tcfymca.org

**HOURS OF OPERATION**

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

**2017 - 2018 HOLIDAY SCHEDULE**

Christmas Eve: Closed  
 Christmas Day: Closed  
 New Year's Eve: Closed  
 New Year's Day: Closed  
 Easter: April 1 - Closed



**WELCOME TO THE Y  
 WELCOME TO A BETTER YOU!**

When you're part of the Tri-Cities Family YMCA, you're a member of a community that's committed every day to helping you and your family through programs focused on:

**YOUTH DEVELOPMENT:** All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential.

**HEALTHY LIVING:** We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives.

**SOCIAL RESPONSIBILITY:** With our doors open to all, we bring together people from all backgrounds, and support those who need us most. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve.

**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.

**MEMBERSHIP BENEFITS**

- FREE Kids' World & Ace Place\*
- FREE Group Fitness Classes
- FREE Equipment Orientation
- FREE Jump Start Program
- FREE Jungle Gym
- Statewide Membership
- Reduced Program Fees
- CrossFit Program
- 25 meter Pool
- HD Cardio Theater
- Weightroom & Racquetball
- FREE Towel Service

\*Family & Parent/Child Memberships

**MEMBERSHIP TYPES**

- Youth: Ages 0-18
- Young Adult: Ages 19-23
- Adult: Ages 24-64
- Family: Two adults over age 22 & any dependents through age 23\*
- Couple: Two adults \*
- Parent/Child: One adult & 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 everyone in our service area regardless of their financial situation. This program is supported by contributions to our Annual Campaign, grants from local funders and direct donations. Applications available at our Welcome Center or our website.

**REGISTRATION INFORMATION**

**WINTER 1**

JAN 8 - FEB 25, 2018

**REGISTRATION DATES**

MEMBERS: DEC 18 NONMEMBERS: DEC 20

**WINTER 2**

FEB 27 - APR 24, 2018

**REGISTRATION DATES**

MEMBERS: FEB 5 NONMEMBERS: FEB 7

**YOU CAN REGISTER:**

**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.

**WHAT YOU CAN DO AT THE Y**

... A Place for Everyone



At the Y, we want people of all ages to enjoy an active, healthy lifestyle.

Use our program guide to find out what FUN activities and events you and your entire family can take advantage of at the Y!

**If I Am 3 Months Old I CAN...**

- Enjoy playtime in Kids' World while parent/guardian is in the facility
- Enroll in Swim Starters parent/infant swim classes
- Take Parent/Tot classes with an adult
- Swim with mom, dad or an adult guardian in the pool

**If I Am 2-5 Years Old I CAN...**

- Play in Kids' World or Ace Place while parent/guardian is in the facility
- Enroll in Learning Tree Preschool
- Swim with mom, dad or an adult guardian in the pool
- Play Sports at the Y
- Have a Y birthday party
- Take Gymnastics classes
- Take Swimming lessons
- Go to Jungle Gym with parent/guardian

**If I Am 6-10 Years Old I CAN...**

- Swim with mom, dad or an adult guardian in the pool
- Enjoy playtime in Ace Place or Kids' World while parent/guardian is in the facility
- Hang out at the Y and play games or meet with friends with adult supervision
- Participate in afterschool sports and wellness programs
- Play on a Youth Basketball Team
- Join the Guardians Swim Team
- Participate in Youth Sports, Gymnastics or Day Camp during the summer
- Have a Y birthday party
- Attend Y Family & Community events

**If I Am A TEEN I CAN...**

- Enjoy the Y without a parent or guardian with either a Youth or Family Membership
- Work out in the fitness center without a parent (some restrictions apply)
- Go to TAC after school
- Participate in Group Fitness classes (some restrictions apply)
- Play Basketball or Racquetball
- Play Sports at the Y
- Join the Guardians Swim Team
- Enroll in swim lessons
- Learn how to become a Lifeguard
- Attend L.I.T. (Leader-in-Training) during the summer
- Enroll in Babysitter Training
- Become a Y volunteer to earn service hours

**If I Am An ADULT I CAN...**

- Go for a swim
- Participate in any Group Fitness class, including HIIT, yoga, water fitness & more
- Enjoy a Parent/Tot class
- Work out in the Cardio Theater & Weight Room
- Join CrossFit
- Work with a Personal Trainer
- Attend community activities and special events
- Play basketball in the gym
- Get certified in CPR or First Aid
- Attend FREE Lectures and Wellness Seminars
- Join a committee, the Y Board or help out with fundraising
- Play a game of Racquetball
- Bring a guest for a FREE visit (limit 3 per year)

**If I Am An Active Older ADULT I CAN...**

- Go for a swim or participate in Water Fitness classes
- Work with a Personal Trainer
- Learn to swim
- Work out in the Cardio Theater & Weight Room
- Attend Enhance Fitness
- Take a Group Fitness class
- Attend FREE Lectures and Wellness Seminars
- Join a Committee, the Y Board or help out with fundraising
- Have a snack in the lobby with new friends
- Volunteer at the Y
- Bring a guest for a FREE visit (limit 3 per year)

**My FAMILY CAN...**

- Shoot hoops or bounce the ball in the gym
- Celebrate a family birthday
- Walk or jog together
- Enjoy swimming with friends
- Attend family friendly activities and special events
- Volunteer as a family at the Y or a special event



# SPECIAL EVENTS

## POPCORN AND MOVIE NIGHTS

AGES 3-10 YEARS  
THIRD FRIDAY OF THE MONTH,  
OCTOBER-MAY

Drop off the kids and enjoy an evening out! Your child will enjoy dinner, ACE Place fun, games, popcorn and a movie under the supervision of our dedicated and trained staff.

5:30 PM – 8:30 PM

MEMBERS: \$12  
NONMEMBERS: \$17  
SIBLING DISCOUNT: \$5 off  
with each full paying sibling

Registration required by Thursday prior to program. Children must be potty trained.

### MOVIE LINEUP:

JAN 19 Bolt  
FEB 16 Sing  
MAR 16 Despicable Me 3  
APR 20 Cars 3  
MAY 18 Inside Out

Movies are subject to change. Confirm movie selection when registering.



## KIDS NIGHT OUT

AGES 3-12 YEARS  
Drop your kids off for an evening of fun at the YMCA! The kids will enjoy a busy night at the Y while parents get a much needed date night! The evening will be filled with fun activities including a pizza party, bounce house, obstacle courses, crafts, games, gymnastics, glow stick dance party & LOTS MORE!

JAN 5 / JAN 26 / FEB 9 /  
MAR 9 / APR 13  
5:30 PM – 8:30 PM

MEMBERS: \$17  
NONMEMBERS: \$22  
SIBLINGS: ½ price

Registration required by Thursday prior to program. Children must be potty trained.



## GYMNASTICS GIRLS LOCK-IN

AGES 5 YEARS & UP  
Your child will have a blast at our gymnastics lock-ins! Every month has a different, exciting theme. We will enjoy theme-based activities, games, pizza, snacks, movie and of course some open gym! Make sure to pack your sleeping bag so we can camp out on the gymnastics mats!

FEB 23 / MAR 23 / APR 27  
7:00 PM – 7:00 AM

COST: \$25  
Registration required by Thursday prior to program.



## WINTER BREAK FUN CAMP UNPLUG AT THE Y

Don't hibernate this winter break, get unplugged and enroll in our Winter Break Fun Camp instead! Winter camps are filled with fun indoor and outdoor activities where kids can play, make new friends, and stay active and healthy! Daily swim time and healthy snack provided.

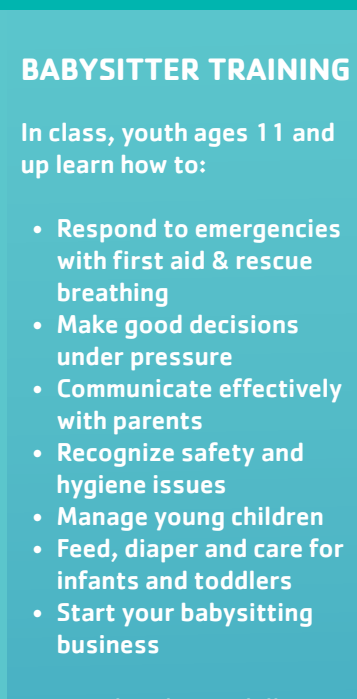
DECEMBER 26 - 29  
AND JANUARY 2

9:00 AM – 4:00 PM

FREE Extended care available:  
7:00 AM – 9:00 AM  
4:00 PM – 6:00 PM

DAILY COST:  
MEMBERS: \$40/day  
NONMEMBERS: \$50/day

FULL SESSION COST:  
MEMBERS: \$145  
NONMEMBERS: \$175



## BABYSITTER TRAINING

In class, youth ages 11 and up learn how to:

- Respond to emergencies with first aid & rescue breathing
- Make good decisions under pressure
- Communicate effectively with parents
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants and toddlers
- Start your babysitting business

Receive hands-on skills practice and additional training in first aid. Attendees will receive First Aid/CPR/ AED 2-year certification.

FEB 10 / MAR 10 / APR 14

MEMBERS: \$100  
NONMEMBERS: \$130

Class time:  
8:00 AM – 3:00 PM

This is a one-day course, please bring a lunch. Pre-registration required. Space is limited.



## CPR/ AED AND FIRST AID TRAINING

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric First Aid/CPR/ AED valid for two years.

SATURDAY, JANUARY 27

Class time:  
8:00 AM – 12:00 PM

Pre-registration required. Space is limited.

MEMBERS: \$40  
NONMEMBERS: \$60



## NEW!

## YIN YOGA WORKSHOP

Join Adriana Schmuker, MSW, CPT, RYT-500 for an introduction to the quiet, meditative practice of Yin Yoga. Yin Yoga goes deeper than the muscles to target connective tissues and assist with myofascial release. This workshop is suited for healthy, fit adults. You will leave with tools to design your own personal practice.

SATURDAY, FEBRUARY 10  
9:00 AM – 12:30 PM  
(minimum of 6, max of 12 participants)

MEMBERS: \$35  
NONMEMBERS: \$50



## INDOOR TRIATHLON

Challenge yourself in this multi-sport event open to all levels of fitness! Athletes will be started in waves every 20 minutes beginning at 10:00 AM. Participants will have 15 minutes on each legs of the race to accumulate as much yardage as possible with 5 minute transition periods between legs.

SUNDAY, FEBRUARY 11  
10:00 AM – 2:00 PM

\$30 per person or  
\$75 for team of 3

sponsored by:



## GOOD FORM RUNNING

Good Form Running® aims to help you run faster, run easier, and run injury free. Join us for this informative clinic presented by Gazelle Sports.

Wednesday, March 14 at 6:30 PM

FREE to the community

Advance registration required

## NEW!

## 5K TRAINING PROGRAM

Whether you're running your first 5k or wanting to improve on your last, this program is for you! Weekly group runs will help you build endurance in a safe, yet challenging, way. Each weekly run will vary between speed intervals, hill training, and building distance. Additional topics covered through the 7 weeks will include:

- Strength/core training
- Stretching
- Nutrition
- Injury prevention

All participants will receive entry into the Kick Off to Summer 5k.

Run group options  
Mondays 10:30 AM  
Wednesdays 6:00 AM  
Wednesdays 6:00 PM

APRIL 9-MAY 26

MEMBERS: \$60  
NONMEMBERS: \$75





# WHERE ADVENTURE AND LEARNING BEGINS

## CHILDCARE PROGRAMS

### KIDS' WORLD: DROP-IN CHILDCARE FOR KIDS AGES 3 MONTHS - 10 YEARS OLD

The Y is here to help you achieve balance in your busy lifestyle. We'll watch your children play while you work out! Our Kids' World services are provided for parents while attending classes, using the Y for fitness, or participating in recreational activities **WITHIN THE FACILITY**. Our goal is to provide a safe, enriching, and fun environment for your children.

Children play under the supervision of caring, trained YMCA staff. We will care for your child in Kids' World for up to a **MAXIMUM OF TWO HOURS** per visit.

AGE	MON - THURS	FRI	SAT	SUN	FAMILY OR PARENT/CHILD MEMBERSHIP	ALL OTHER MEMBERSHIPS	NONMEMBERS
3 MOS TO 10 YEARS	8:15 AM - 8:00 PM	8:15 AM - 3:30 PM	8:15 AM - 12:30 PM	12:00 PM - 3:30 PM	<b>FREE</b>	\$5/VISIT/CHILD OR \$20/MONTH/CHILD OR \$150/YEAR/CHILD	\$6/VISIT/CHILD

### ACE PLACE: THE ACTION CENTER FOR EXPLORATION FOR KIDS AGES 3 - 10 YEARS OLD

Allow your children to explore and discover while you are involved in Y activities **WITHIN THE FACILITY**. Children up to 10 years old have an adventure waiting for them on slides, tunnels, and much more. Parents are welcome to stay and play with their child at no charge or leave them well attended during our Supervised Drop-In times for children 3-10 years and potty trained.

**All fees are non-refundable/transferrable and are paid at the Welcome Center.**

AGE	MON - THURS	FRI	SAT	SUN	FAMILY OR PARENT/CHILD MEMBERSHIP	ALL OTHER MEMBERSHIPS	NONMEMBERS
3 YEARS TO 10 YEARS	9:00 AM - 11:30 AM 4:30 PM - 8:00 PM	9:00 AM - 11:30 AM 5:00 PM - 7:30 PM <i>NO EVENING HOURS 3<sup>RD</sup> FRIDAY OF EVERY MONTH OCTOBER - MAY</i>	8:30 AM - 3:30 PM <i>NO EVENING HOURS</i>	CLOSED	<b>FREE</b>	\$5/VISIT/CHILD OR \$20/MONTH/CHILD OR \$150/YEAR/CHILD	\$6/VISIT/CHILD

### LICENSED CHILDCARE: PRESCHOOL AND SCHOOL AGE BEFORE & AFTER CHILDCARE

Whether you are looking for full or part time care for your child or before and after school care, our fully licensed childcare program has the flexible scheduling you need for your family. Our childcare program offers an engaging environment where your child, ages 3-12 years and potty trained, can learn and grow. We offer enriching creative hands-on activities, field trips, and the opportunity for your child to participate in other Y programming while in our care. HARBOR TRANSIT FRIENDLY! OPEN SNOW DAYS!

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

AGE	MONDAY - FRIDAY	DAILY FEES	WEEKLY FULL DAY FEES	RATES EFFECTIVE JAN 1, 2018 TO DEC 31, 2018
3 YEARS TO 12 YEARS	7:00 AM - 6:00 PM	UP TO 4 HOURS: MEMBERS: \$30 NONMEMBERS: \$35  OVER 4 HOURS: MEMBERS: \$40 NONMEMBERS: \$45	MEMBERS: \$190 NONMEMBERS: \$215	

## LEARNING TREE PRESCHOOL

NOW AT TWO LOCATIONS! **NEW!**

REGISTRATION FOR 2018 - 2019 SCHOOL YEAR

The Learning Tree Preschool program provides a rich classroom environment where children are encouraged to discover and explore. Our curriculum helps children develop self-confidence and critical thinking skills. We are dedicated to providing children with the necessary tools to make choices and problem solve on their own.



### TRI-CITIES FAMILY YMCA LOCATION



REGISTRATION DATES:

CURRENT LEARNING TREE FAMILIES: Monday, February 5  
YMCA MEMBERS: Tuesday, February 6  
NONMEMBERS: Wednesday, February 7

### SPRING LAKE LEARNING TREE HOLMES ELEMENTARY LOCATION



REGISTRATION DATES:

SPRING LAKE SCHOOL DISTRICT RESIDENTS: Monday, February 5  
YMCA MEMBERS: Monday, February 19  
NONMEMBERS: Monday, March 5

LEARNING TREE CLASSES	DAYS	TIMES
2 YR OLD PRESCHOOL	T/Th	9:30-11:30 AM
2/3 YR OLD PRESCHOOL Great for older 2's or younger 3's	M/W	9:15-11:45 AM
2/3 YR OLD PRESCHOOL Great for older 2's or younger 3's	M/W	12:15-2:45 PM
3 YR OLD PRESCHOOL Must be potty trained	T/Th	9:15-11:45 AM
3 YR OLD PRESCHOOL Must be potty trained	M/W/F	9:15-11:45 AM
3/4 YR OLD PRESCHOOL	T/Th/F	12:15-3:00 PM
MORNING PRE-K	M-Th	9:00-12:00 PM
GREAT START READINESS PROGRAM*	M-Th	12:15-3:15 PM
AFTERNOON PRE-K / YOUNG FIVES	M-F	12:15-3:15 PM
SPANISH PRESCHOOL	F	9:00-11:00 AM

Class offerings are subject to change. See preschool website for further information. Registration must be made in person, not available online.

\*These materials were developed under a grant awarded by the Michigan Department of Education.

### LEARNING TREE PRESCHOOL OPEN HOUSE

DATE: January 13, 2018  
TIME: 10:00 AM - 12:00 PM  
PLACE: Tri-Cities Family YMCA

[WWW.TCFYMCA.ORG/LEARNINGTREE](http://WWW.TCFYMCA.ORG/LEARNINGTREE)



# WHERE EVERYONE COMES TO PLAY

PARENT / TOT CLASSES	AGE	MON	TUES	WED	THURS	FRI	CLASS LENGTH
<b>ROLLIE POLIE</b> In this class your child will be introduced to basic tumbling movements- rolls, animal walks, balance and self-confidence.	12-24 MOS W/PARENT	9:30 AM			11:30 AM	9:30 AM	40 MIN
<b>NINJA TINY TOTS &amp; NINJA TOTS</b> The YMCA has Ninja classes your kids will FLIP for! Ninjas will run, jump, roll & flip through obstacle courses & different challenges every week! Your child can test their ability to climb the rock wall, walk across the slack lines, swing on the ropes and flip over the mats all in our <b>NINJA GYM</b> .	12-24 MOS W/PARENT	10:30 AM	10:30 AM		11:30 AM	9:30 AM	45 MIN
	2-3 YR OLD W/PARENT	11:30 AM	9:30 AM		9:30 AM	10:30 AM	45 MIN
<b>MINI MOVERS</b> Movement will be explored through music and large motor play. Props, parachute, bean bags, balls, and so much more will be used in this fun environment for you and your child to enjoy together.	18-36 MOS W/PARENT	10:30 AM	11:30 AM		5:30 PM		45 MIN
<b>DANCE GYMNASTICS</b> Half of class will focus on basic dance, while the other half will be on the gymnastics equipment working on rolls, jumping, balance and more.	2-3 YEARS OLD W/PARENT	11:30 AM	9:30 AM	6:30 PM			45 MIN
<b>SPORTS SAMPLER</b> A variety of sports will be explored through fun games and partner play. You and your child will enjoy many sports including basketball, soccer, t-ball, gymnastics and more.	2-3 YEARS OLD W/PARENT		6:30 PM	5:30 PM	10:30 AM 4:30 PM	11:30 AM	45 MIN
<b>BUSY BEE</b> Your child will learn basic gymnastics skills, while also working on sharing, taking turns, and listening to directions.	2-3 YEARS OLD W/PARENT		10:30 AM 4:30 PM		9:30 AM 6:30 PM		45 MIN
<b>INDEPENDENT 2'S</b> This is a class designed for kids who are not yet 3, but are ready for a class on their own! Interested families must have participated previously in a Busy Bee class & have recommendation by the coach.	2.5-3 YEARS OLD		5:30 PM	4:30 PM		10:30 AM	40 MIN

**MEMBERS: \$35 NONMEMBERS: \$65 CLASS TIMES ARE THE SAME FOR BOTH WINTER SESSIONS**

## JUNGLE GYM (WALKING - 6 YEARS W/CAREGIVER)

Jungle Gym is a big indoor play area with trampolines, gymnastic equipment, bounce house, slides, tunnels, ride on toys & lots more! This is a drop in program for kids and their caregivers! Parents, to ensure your child's safety and enjoyment please take an active role in supervising your children at all times. Enjoy yourself and please promote sharing!

**Mondays, Wednesdays, Thursdays**

10:30 AM - 12:30 PM

**MEMBERS: FREE**

**NONMEMBERS:**  
\$3 PER CHILD, \$5 PER FAMILY

*Please note: schedule follows inclement weather policy*



PRESCHOOL GYMNASTICS		MON	TUES	WED	THURS	FRI	SAT	CLASS LENGTH	MEMBER	NON MEMBER
<b>WIGGLY WORMS</b> Does your child love to run, jump, climb, swing & bounce? If so, this is the perfect class for them! These classes are for the child who is ready to come into the gym and follow directions without parental assistance. Gymnastics skills will be introduced on all events through a variety of obstacle courses!	BEGINNER 3 YEAR OLDS	4:30 PM 6:30 PM	9:30 AM 4:30 PM 5:30 PM	5:30 PM	6:30 PM	10:30 AM 4:30 PM	10:30 AM	45 MIN	\$42	\$72
<b>CLIMBING CUBS</b> This advanced 3's class is for those who have mastered the Wiggly Worm skills and have great listening skills. The main focus is starting to learn cartwheels, handstands, pullovers on bars & getting comfortable on high beam. <b>Coach recommendation required to register.</b>	ADVANCED 3 YEAR OLDS	5:30 PM	10:30 AM	6:30 PM		9:30 AM 5:30 PM		45 MIN	\$42	\$72
<b>LEAPIN' LIZARDS</b> This class is perfect for the beginner 4 year old. Skills on all gymnastics events will be introduced. Children will learn basic skills such as jumps and rolls, learn to swing and hang on the bar, and balance on the beam.	BEGINNER 4 YEAR OLDS	4:30 PM	9:30 AM 4:30 PM	5:30 PM 6:30 PM	4:30 PM 6:30 PM	10:30 AM 4:30 PM	10:30 AM	45 MIN	\$42	\$72
<b>FLIPPIN' FISH</b> This advanced 4's class is for those who have mastered the beginner level skills. The main focus is cartwheels, handstands, pullovers on bars & high beam. <b>Coach recommendation required to register.</b>	ADVANCED 4 YEAR OLDS	5:30 PM	10:30 AM 6:30 PM	4:30 PM	5:30 PM	9:30 AM 5:30 PM	9:30 AM	55 MIN	\$52	\$82
<b>SUPER STARS</b> For gymnasts who have mastered a cartwheel & handstand showing great potential for our team program! This class is more detailed and structured and is a great stepping stone between our preschool & recreation programs as well! <b>Coach recommendation required to register.</b>	PRE-TEAM 4-6 YEAR OLDS				4:30 PM			1 HR	\$52	\$82
<b>JUMPIN JAGUARS</b> This class allows "boys to be boys" while getting familiar with gymnastics. They will learn basic skills on all the boy's gymnastics equipment!	BEGINNING 4-5 YEAR OLDS		5:30 PM		4:30 PM			45 MIN	\$42	\$72
<b>POUNCING PANTHERS</b> This class allows "boys to be boys" while getting familiar with gymnastics. They will learn intermediate/advanced skills on all of the boy's gymnastics equipment!	ADVANCED 4-5 YEAR OLDS		6:30 PM		5:30 PM			45 MIN	\$42	\$72
<b>KRAZY KANGAROOS</b> This class is perfect for the beginner 5 year old. Skills on all gymnastics events will be introduced. Children will learn basic skills such as jumps and rolls, learn to swing and hang on the bar, and balance on the beam.	BEGINNER 5 YEAR OLDS	6:30 PM	4:30 PM 5:30 PM		4:30 PM 6:30 PM	10:30 AM 5:30 PM	10:30 AM	55 MIN	\$52	\$82
<b>TUMBLING TIGERS</b> This advanced 5's class is for those who have mastered the beginner level skills. The main focus is cartwheels, handstands, pullovers on bars & high beam. <b>Coach recommendation required to register.</b>	ADVANCED 5 YEAR OLDS	5:30 PM	6:30 PM	4:30 PM	5:30 PM	9:30 AM 5:30 PM	9:30 AM	55 MIN	\$52	\$82

**CLASS TIMES ARE THE SAME FOR BOTH WINTER SESSIONS**



# INSPIRING POTENTIAL

<b>GIRLS GYMNASTICS AGES 6-15</b>	MON	TUES	WED	THURS	FRI	SAT	CLASS LENGTH	MEMBER	NON MEMBER
<b>BEGINNING GYMNASTICS 1</b> Designed for children who are at a beginner level. Children will work on rolls, cartwheels, bridges and handstands on floor. Bar work will consist of intro to front supports and casts. Beam will work on basic balance skills. Vaulting includes running techniques and spring board approach with proper body shape and safety on all equipment.	4:30 PM 6:30 PM	4:30 PM 5:30 PM 7:30 PM	4:30 PM 5:30 PM 6:30 PM	4:30 PM 5:30 PM		9:30 AM	55 MIN	\$52	\$82
<b>BEGINNING GYMNASTICS 2</b> This class is for those who have completed Beginning 1 and have coach approval. Children will build on all Beginning 1 skills, increasing skill difficulty on all equipment. Requirements: must be able to walk on high beam without assistance, good concept of cartwheels, handstands, bridges, and front support on bars.	5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM	5:30 PM 6:30 PM	4:30 PM 7:30 PM		9:30 AM	55 MIN	\$52	\$82
<b>INTERMEDIATE GYMNASTICS 1</b> Gymnasts must have completed Beginning 2 and have coach approval. Continued skill and flexibility will be worked on in all events. Requirements: pullover and concept of a back hip circle on bars, excellent cartwheel, handstand & bridge kickover on floor, and kneeling cartwheel to handstand dismount on beam.	4:30 PM	5:30 PM 6:30 PM	4:30 PM 7:30 PM	5:30 PM 6:30 PM		10:30 AM	55 MIN	\$52	\$82
<b>INTERMEDIATE GYMNASTICS 2</b> Must have completed Intermediate 1 and have coach approval. We will focus on correct form while perfecting and advancing our skills. Requirements: round off and backbend on floor, cartwheel handstand dismount on beam, and pullover back hip circle on the bars.	5:30 PM 7:30 PM	4:30 PM 6:30 PM	5:30 PM	6:30 PM			55 MIN	\$52	\$82
<b>ADVANCED GYMNASTICS 1</b> Must have completed Intermediate Gymnastics 2 and have coach approval. This advanced rec class is designed to work on complex skills and body positioning. Requirements: back walkover on the floor, back hip under shoot on bars, and a 3/4 handstand on the beam.	6:30 PM		6:30 PM				1.5 HR	\$70	\$100
<b>ADVANCED GYMNASTICS 2</b> Must have completed Advanced Gymnastics 1 and have coach approval. This is our most advanced rec class which is designed to work on more complex skills and perfecting body positions. Requirements: back handspring on tumble track, squat on bars and handstand on beam.	6:30 PM		6:30 PM				1.5 HR	\$70	\$100

<b>BOYS GYMNASTICS AGES 6-12</b>	MON	TUES	WED	THURS	FRI	SAT	CLASS LENGTH	MEMBER	NON MEMBER
The Tri-Cities Family YMCA Boy's Gymnastics program for <b>boys ages 6-12</b> focuses on building strength, increasing flexibility & improving coordination. The jumping, running, rolling, conditioning and flexibility learned in gymnastics are the foundational skills of many sports. Boys will be trained on floor, pommel horse, high bar, vault, rings, and trampoline. New skills will be taught at each level progressing as they move up!									
<b>BEGINNING BOYS 1</b>	4:30 PM						55 MIN	\$52	\$82
<b>BEGINNING BOYS 2</b>	5:30 PM						55 MIN	\$52	\$82
<b>INTERMEDIATE BOYS 1</b>	6:30 PM						55 MIN	\$52	\$82
<b>INTERMEDIATE BOYS 2</b>	7:30 PM						55 MIN	\$52	\$82

**CLASS TIMES ARE THE SAME FOR BOTH WINTER SESSIONS**

<b>TUMBLING AGES 6-15</b>	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	NON MEMBER
<b>TUMBLING LEVEL 1</b> Our focus in Tumbling 1 will be on forward rolls, backward rolls, cartwheel & handstand drills and bridges. Strength building and body positioning will also be emphasized in this class.	4:30 PM				55 MIN	\$52	\$82
<b>TUMBLING LEVEL 2</b> Our focus in Tumbling 2 will be on forward straddle rolls, backward pike rolls, perfecting cartwheels, handstands and bridge kick overs, strength building and body positioning.	5:30 PM				55 MIN	\$52	\$82
<b>TUMBLING LEVEL 3</b> Building upon the basics we will work on one arm cartwheels, round offs, back bends and front limbers. Body strength and awareness are essential for the advancement of skills. Requirements to move to this class: solid cartwheel, handstand and bridge kick over.			4:30 PM		55 MIN	\$52	\$82
<b>TUMBLING LEVEL 4</b> Our focus in Tumbling 4 will be on back walkovers, front walkovers, back handspring drills & round off rebounds. Body strength and awareness are essential for the advancement of skills. Requirements to move to this class: cartwheel, handstand, round off, back bend kick-over & front limber.			7:30 PM		55 MIN	\$52	\$82
<b>TUMBLING LEVEL 5</b> Our focus in Tumbling 5 will be back handsprings, front handsprings, round off back handsprings, aerials, front & back tuck drills. Requirements to move to this class: solid cartwheel, handstand, round off, back & front walkover.				7:30 PM	55 MIN	\$52	\$82

**CLASS TIMES ARE THE SAME FOR BOTH WINTER SESSIONS**

<b>NINJA CLASSES</b>	AGE	MON	TUES	WED	THURS	FRI	CLASS LENGTH	MEMBER	NON MEMBER
The YMCA has Ninja classes your kids will FLIP for! Ninjas will run, jump, roll & flip through obstacle courses & different challenges every week! Test your abilities to climb the rock wall, walk across the slack lines, swing on the ropes and flip over the mats all in our <b>NINJA GYM</b> .									
<b>LIL NINJAS BOYS &amp; GIRLS CO-ED</b>	3 & 4 YEARS OLD	9:30 AM 4:30 PM			10:30 AM 4:30 PM	11:30 AM	45 MIN	\$45	\$75
<b>NINJA JR BOYS</b>	5-7 YEARS OLD	5:30 PM	6:30 PM	4:30 PM 6:30 PM	6:30 PM		45 MIN	\$45	\$75
<b>NINJA JR GIRLS</b>	5-7 YEARS OLD	6:30 PM	4:30 PM				45 MIN	\$45	\$75
<b>NINJA BOYS (Beginner)</b>	8-11 YEARS OLD		5:30 PM	7:30 PM			45 MIN	\$45	\$75
<b>NINJA GIRLS (Beginner)</b>	8 & UP			5:30 PM	7:30 PM		45 MIN	\$45	\$75
<b>NINJA TEENS (Beginner)</b>	12 & UP		7:30 PM				45 MIN	\$45	\$75

**CLASS TIMES ARE THE SAME FOR BOTH WINTER SESSIONS**

# STRONG SWIMMERS, CONFIDENT KIDS

AQUATICS	MON	TUES	WED	THURS	SAT	CLASS LENGTH
<b>SWIM STARTERS - AGES 6-36 MONTHS</b>						
<b>A / WATER DISCOVERY</b> Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration, encouraging them to enjoy themselves while learning about the water.	5:45 PM	9:30 AM	5:45 PM	9:30 AM	10:30 AM	30 MIN
<b>B / WATER EXPLORATION</b> In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.	5:45 PM	9:30 AM	5:45 PM	9:30 AM	10:30 AM	30 MIN
<b>SWIM BASICS - AGES 2 1/2 THRU KINDERGARTEN</b>						
<b>1 / WATER ACCLIMATION</b> Students develop comfort with underwater exploration and learn to safely enter and exit the water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.	10:30 AM 5:45 PM	10:00 AM 5:45 PM	5:45 PM	10:00 AM 5:45 PM	10:30 AM	45 MIN
<b>2 / WATER MOVEMENT</b> In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit a body of water.	10:30 AM 5:45 PM	10:00 AM 5:45 PM	5:45 PM	10:00 AM 5:45 PM	10:30 AM	45 MIN
<b>3 / WATER STAMINA</b> In stage 3, students learn how to swim a longer distance than in previous stages. This stage also introduces rhythmic breathing and integrated arm and leg action.	5:45 PM	10:45 AM 5:45 PM	5:45 PM	10:45 AM 5:45 PM	10:30 AM	45 MIN
<b>SWIM STROKES - 1ST THRU 8TH GRADE</b>						
<b>4 / STROKE INTRODUCTION</b> Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.	6:30 PM	6:30 PM	6:30 PM	6:30 PM	11:15 AM	45 MIN
<b>5 / STROKE DEVELOPMENT</b> Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.	6:30 PM	6:30 PM	6:30 PM	11:30 AM 6:30 PM	11:15 AM	45 MIN
<b>6 / STROKE MECHANICS</b> In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.	6:30 PM	6:30 PM	6:30 PM	6:30 PM	11:15 AM	45 MIN
<b>SWIM STARTERS: MEMBERS: \$45 NONMEMBERS: \$65</b> <b>CLASS TIMES ARE THE SAME FOR BOTH WINTER SESSIONS</b> <b>SWIM BASICS &amp; SWIM STROKES: MEMBERS: \$57 NONMEMBERS: \$77</b>						



## TRI-CITIES GUARDIANS SWIM TEAM

The Tri-Cities Guardians Swim Team is a collaborative program of the Tri-Cities Family YMCA and Spring Lake Community Fitness & Aquatic Center, serving Grand Haven/Spring Lake and surrounding communities for youth ages 7 through high school. The goal of the Guardians Swim Team is to give swimmers of all levels (beginners to national-caliber athletes) an opportunity to grow and achieve personal excellence in swimming. The Swim Team has 5 different groups that swimmers are assigned to based on ability, age, maturity and goals. The Guardians Swim Team promotes the values of honesty, caring, respect, and responsibility for the program, coaches, parents, other teams and teammates.



Full Season: September 11 - March 23  
Late start: October 30 - March 23

For questions, please contact Head Coach Brandon Muma at [brandon.muma@tcfymca.org](mailto:brandon.muma@tcfymca.org)



## PRIVATE SWIM LESSONS

Whether you or your child are interested in getting comfortable in the water for the first time, want to improve your form or swim faster, we can develop a program to suit your needs. Private lessons are perfect for those who prefer one-on-one attention. An instructor will work with you or your child to determine the best path to help achieve your personal goals. Contact our Aquatics Director Cheri Krawczyk at [cheri.krawczyk@tcfymca.org](mailto:cheri.krawczyk@tcfymca.org).

Single 30 min session: **MEMBERS: \$25**  
**NONMEMBERS: \$40**

Four 30 min sessions: **MEMBERS: \$80**  
**NONMEMBERS: \$100**

## MASTERS SWIM TRAINING

Coached swim training for competitive swimmers, triathletes, open water swimmers, and those looking for a great total body workout. No competitive experience required. You will receive two workouts per week for the length of the session. Must be a Y Member, ages 18 and up.

January 8 - February 25  
February 26 - April 24

Tuesdays and Thursdays 6:30 AM - 7:30 AM

**MEMBERS: \$45 PER SESSION**

## 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 the successful completion of the 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)

**Saturday and Sunday**  
**8:00 AM - 5:00 PM**

March 24 - 25  
April 21 - 22

Class times are subject to change. Please pack a lunch.  
*Must attend BOTH days to pass.*

**MEMBERS: \$150**  
**NONMEMBERS: \$200**

Must register by Thursday prior to program



SPORTS	AGE	MON	TUES	WED	THURS	FRI	LENGTH	MEMBER	NON MEMBER
<b>SPORTS SAMPLER</b> Basketball, soccer, t-ball, golf, kickball, volleyball, floor hockey, and gymnastics are just a few of the sports that will be introduced. Fun games and basic skills will be taught.	3-4 YRS OLD			10:30 AM 4:30 PM	9:30 AM	10:30 AM	45 MIN	\$35	\$65
	5-7 YRS OLD	4:30 PM					45 MIN	\$35	\$65
<b>SOCCER</b> Basic soccer skills will be taught through fun games and drills. We will work on dribbling, shooting, passing and team work.	3-4 YRS OLD			9:30 AM	10:30 AM		45 MIN	\$35	\$65
<b>ULTIMATE GAMES</b> Dodge ball, four square, gaga pit, squirrel tag, ultimate frisbee and human hungry hippos are just a glimpse of the fun to be had in this class!	9-13 YRS OLD				4:30 PM		45 MIN	\$35	\$65
<b>PRE-KARATE</b> This class develops the skills necessary to prepare students for formal karate instruction. Using fun drills and activities your child will develop in focus, coordination, and control. High-energy exercises build core strength, muscle tone and balance. Students advance to Karate upon recommendation of the instructor.	4-5 YRS OLD		4:30 PM			9:30 AM	45 MIN	\$35	\$65
<b>KARATE</b> 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 YRS OLD	6:45 PM		6:45 PM			1 HOUR	\$50	\$80
	13 & UP YRS OLD	6:45 PM		6:45 PM			1 HOUR	\$50	\$80
<b>ROCKWALL (BEGINNERS)</b> Reach for the peak on your way to developing skills in knot tying, bouldering and top rope climbing on our indoor rock wall. Learn to overcome fear, accept responsibility, and practice decision making. It's a combination of life skills and adventure!	3-4 YRS OLD		11:30 AM				45 MIN	\$45	\$75
	5-7 YRS OLD				4:30 PM		45 MIN	\$45	\$75
	8-12 YRS OLD	7:30 PM					45 MIN	\$45	\$75

CLASS TIMES ARE THE SAME FOR BOTH WINTER SESSIONS

## YOUTH FITNESS POLICY

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

### AGES 3 MONTHS – 9 YRS

Children 3 months – 9 years old are able to use the pool, gym and racquetball court with direct parent/guardian supervision. Closely supervise your child while in the facility, unless enrolled in a program, class or childcare.

### AGE 10

Youth age 10 and up may use the gym and racquetball court without direct adult supervision. Although direct supervision is not required, a parent/guardian must be present in the Y building with their 10 year old. Youth ages 10 and older must pass a swim test in order to be in the pool without parent/guardian supervision.

### AGES 11-12 (7th Grade Membership Initiative)

Youth ages 11-12 must complete an Equipment Orientation with a parent/guardian and pass the Teen Strength Training Test before

being allowed to use the cardio and weight rooms. After the Equipment Orientation is complete, they can use the appropriate cardio and machine weights without supervision and participate in non-equipment based fitness classes.

### AGES 13-15

Youth ages 13-15 must complete an Equipment Orientation and pass the Teen Strength Training Test before being allowed to use the cardio and weight room without supervision. Welcome to participate in fitness classes, excluding Indoor Cycling.

### AGES 16+

Youth ages 16 and up have full facility access including cardio and weight room. We do recommend & encourage completion of an Equipment Orientation. They may participate in all fitness classes.

## TEEN ADVENTURE CENTER



The Teen Adventure Center (TAC) is a healthy, engaging environment that students in grades 5-12 can attend after school. Activities include fitness time, outdoor hikes, CATCH games, cooking classes, snowshoeing, rockclimbing, and more! One healthy snack is provided each day and time is allotted for homework.

This is a FREE program, but students who wish to participate in TAC must register in advance. Registration information is available at the Welcome Center. Students do not have to attend every day nor do they have to stay the entire time, but they do need to actively participate in scheduled activities.

### Teen Center Hours:

Monday - Thursday: 3:00 - 5:30 PM

Closed when GHAPS schools are closed. No TAC on half days.

## 7<sup>TH</sup> GRADE INITIATIVE FREE MEMBERSHIP PROGRAM

The 7th Grade Initiative is a Y-USA National Program and provides a **FREE** Membership from **SEPT 11 - JUNE 1** 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 of quick forms, schedule an orientation and have fun!
4. Some exclusions apply





## JUMP START YOUR HEALTH!

Our Jump Start 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 that includes 2 **FREE** Body Composition Analysis Tests
- Equipment Orientation
- Food Journal Review by our Registered Dietitian
- Support



Check out our website or ask for information at the Welcome Center.

## EQUIPMENT ORIENTATIONS

Every Member is given the opportunity to go through a **FREE** one time orientation. Equipment orientations will help you learn proper weight lifting technique and how to use the cardio equipment. Orientations last about 45 minutes.



Appointment times and availability vary. Sign-up at the Welcome Center.

## PERSONAL TRAINING

Exercise isn't ONE-SIZE-FITS-ALL. What works for one person may not work for another - that is why we offer Personal Training. We want to help you to achieve your personal goals, whether it's muscle gain, increased flexibility and strength, weight management, or just getting back on track.

Our certified trainers will help you get results with physical fitness customized for you. They'll encourage and motivate you along the way and help you gain the most benefit from your program, while making steady progress toward your goal.

Personal Training puts you on the right path for a successful, lifelong health and wellness journey.



Pre-payment and 24 hour cancellation notice 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 are also available if you would like to train with a friend or family member.



CrossFit is a challenging yet rewarding training program structured around the 10 components of fitness: strength, stamina, endurance, accuracy, power, agility, balance, speed, coordination and flexibility. All WODs (Workout of the Day) can be scaled and are appropriate for all fitness levels. CrossFit classes are conducted as group personal training and designed to allow for personalized instruction with the benefit of encouragement from other participants.

### How does a beginner start?

We encourage individuals to join us for a try it class (one per person). You may sign up for a Try It Class by visiting the Welcome Center. Our certified coaches will assess your form & fitness level to determine if you can be integrated directly into classes or if you would benefit from 1:1 time with a coach first.

### CrossFit pricing

Y Member cost is \$99 for the first month, \$60 per month thereafter via bank draft. Couples or families with multiple individuals wishing to participate, \$60 for the first individual, \$55 for each additional member.

**Daily Drop-in Rate** for those with previous CrossFit experience: \$15 (depending upon availability)

### CrossFit Personal Training

#### MEMBERS:

One hour session \$46  
Six Sessions \$230



Class schedule can be found online at [crossfitflight.com/grand-haven](http://crossfitflight.com/grand-haven)

## GROUP FITNESS CLASSES

Our fitness classes are designed to challenge the body through all planes of motion for a well-rounded workout. We offer over 50 group exercise classes weekly. With this variety, you are sure to find something to fit your schedule and fitness level. Our energetic and inspiring instructors are ready to motivate you to be your best.

Classes include: HIIT (High Intensity Interval Training), Strength Fusion, Indoor Cycling, Yoga, Zumba and more. Class offerings vary each session. Visit our website to view the fitness calendar. [WWW.TCFYMCA.ORG](http://WWW.TCFYMCA.ORG)

CLASSES ARE **FREE** TO MEMBERS



## ARE GROUP FITNESS CLASSES FOR ME? GROUP FITNESS IS PERFECT FOR...

- ✓ Someone who is new to exercise or has not exercised in a long time.
- ✓ Individuals that are unsure of where to begin with exercise.
- ✓ Infrequent exercisers that want a well-rounded workout.
- ✓ People with busy schedules that need a full body, time-efficient workout.
- ✓ The experienced exerciser that wants to be challenged.

## NEW TO GROUP FITNESS?

### HERE ARE A FEW TIPS TO HELP YOU GET STARTED

- ✓ Arrive early and introduce yourself to the instructor
- ✓ Don't be afraid to ask questions
- ✓ If something doesn't feel quite right, ask for help- there's always a modified exercise option!

## **NEW!** GO FURTHER WITH FOOD

March is National Nutrition Month! The foods we eat or don't eat can influence energy levels, impact body weight, affect the aging process, and reduce incidence of disease. Join Erica Phelps, RD, YMCA Registered Dietitian, for an interactive discussion on making conscious, yet time and budget friendly, food choices.

**March 21 at Loutit Library**  
**10:00 - 11:00 AM**

**FREE** TO THE COMMUNITY



## **NEW!** DESIGNING A FITNESS PLAN THAT WORKS

Join the YMCA Fitness Staff for an informative session on what to consider when designing a workout plan. This is good for experienced exercisers as well as those just trying to get into a workout routine. Our trainers will provide insight on things to consider to make you the most successful you can be!

**JAN 4 AT 6:30 PM**  
**JAN 8 AT 10:30 AM**

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

Please register by noon the day prior.





## HEALTHY AGING

While all ages are welcome in all group fitness classes, the Y does offer a variety of exercise and social opportunities specifically tailored to adults 55 and older. These include Water Works, Fitness For Life and Enhance Fitness®. Please see the online fitness schedule for current class times or pick up a copy at the Welcome Center.

Fitness classes are **FREE** to Members.

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

Tuesday, Thursday, Friday 10:30 - 11:15 AM

MEMBERS AND NONMEMBERS: **FREE**

### ENHANCE FITNESS

This group exercise program helps older adults at all levels of fitness to become more active, energized, and able to maintain their independence. Each one hour class focuses on cardiovascular exercise, strength training, balance, and flexibility. All exercises can be done in or out of a chair. Enhance Fitness® is an evidence-based program proven to increase strength, boost activity levels, and elevate mood. Participant progress is tracked with fitness checks upon joining and again at the completion of the 16 week program.

**STARTS JANUARY 8th**

Classes are Mon / Wed / Fri from 10:45 - 11:45 AM

Registration **REQUIRED** by January 5th

MEMBERS: **FREE** NONMEMBERS: \$60



## ADULT SPORTS

### 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 PM - 2:00 PM\*

\*SCHEDULE SUBJECT TO CHANGE BASED ON PROGRAMMING NEEDS

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

### PICKLEBALL

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\*

\*Schedule subject to change based on programming needs

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

### KARATE

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.

MON 6:45 - 7:45 PM  
WED 6:45 - 7:45 PM

MEMBERS: \$50  
NONMEMBERS: \$80

\$20 additional to take classes both nights

## TOGETHERHOOD SERVICE PROGRAM

### Giving Back to Build a Stronger Community

TOGETHERHOOD is the Y's signature program for its commitment to Social Responsibility. At the Y, we're dedicated to strengthening the community by giving back and supporting our neighbors. We know that our members have lots of ideas and the desire to reach out to make positive changes in our community. This program is run on an annual basis by a Service Committee, made up of Y members, working as volunteers and the support of a Y Staff Advisor.



Collecting school supplies, donating blood, or running a park clean up are just some of the countless ways Y members and their friends and families can come together in service. **This program gives our Y members the opportunity to select, plan, lead and participate in meaningful volunteer service projects that benefit and strengthen our local community.**

### GOOD FOR MEMBERS

Volunteering benefits the whole person - spirit, mind and body:

Improved sense of purpose and meaning



Improves heart health



Improves mood and self esteem



### GOOD FOR THE Y

Volunteers generate the energy and resources to advance our cause:

**VOLUNTEERS DONATE 10x** more money than people who don't volunteer"

**2 out of 3** volunteers give money where they give their time"

When members make a friend, they are **50% more likely** to stay with the Y"



### GOOD FOR THE COMMUNITY

A strong culture of volunteerism yields real community benefits:



When young people volunteer, their likelihood of dropping out of school is cut in half

**VOLUNTEERS ARE**

**27% MORE LIKELY**

to find a job after being out of work than non-volunteers

**If you are interested in joining the TOGETHERHOOD Service Committee or becoming a Service Project Volunteer, please contact our Membership Director David Burdo (david.burdo@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.

[www.tcfymca.org](http://www.tcfymca.org)

email: [specialevents@tcfymca.org](mailto:specialevents@tcfymca.org)



## 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 staff at 616-842-7051 ext. 225, or via email to [specialevents@tcfymca.org](mailto:specialevents@tcfymca.org)





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**ATTENTION**  
TO THE LITTLE THINGS

## LEARNING TREE PRESCHOOL

NOW OFFERING PRE-K CLASSES AT TWO LOCATIONS - TCFYMCA & HOLMES ELEMENTARY

Learn more at our Open House on January 13, 2018  
Registration begins Feb 5th - see page 7 for more details

[www.tcfymca.org](http://www.tcfymca.org)