



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YOUR Y STORY BEGINS HERE



2019 WINTER PROGRAM GUIDE | TRI-CITIES FAMILY YMCA
WINTER 1 SESSION: JAN 7 - FEB 24 | WINTER 2 SESSION: FEB 25 - APR 21



WELCOME TO THE Y

WELCOME TO A BETTER YOU!

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: 7:00 AM - 5:00 PM

2018-19 HOLIDAY SCHEDULE

Thanksgiving: 7:00 AM - 11:00 AM
Christmas Eve: 5:00 AM - 1:00 PM
Christmas Day: Closed
New Year's Eve: 5:00 AM - 1:00 PM
New Year's Day: 8:00 AM - 2:00 PM

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.



@Tri-CitiesFamilyYMCA
@tcfymca

REGISTRATION INFORMATION

WINTER 1
JAN 7 - FEB 24

WINTER 2
FEB 25 - APR 21

WINTER 1 REGISTRATION DATES

MEMBERS: DEC 17 NONMEMBERS: DEC 19

WINTER 2 REGISTRATION DATES

MEMBERS: FEB 4 NONMEMBERS: FEB 6

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.

TABLE OF CONTENTS

SPECIAL EVENTS & HAPPENINGS 4-5

YOUTH DEVELOPMENT 6-15

Childcare Programs	6
Learning Tree Preschool	7
Parent/Tot & Ninja Classes	8
Preschool Gymnastics	9
Gymnastics	10
Cheer & Tumbling	11
Youth/Teen Sports & Fitness	12-13
Youth Aquatics	14-15

HEALTHY LIVING 16-18

Health and Wellness Offerings	16-17
Healthy Aging & Adult Sports	18

SOCIAL RESPONSIBILITY 19

MEMBERSHIP BENEFITS

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

*Family & Parent/Child Memberships

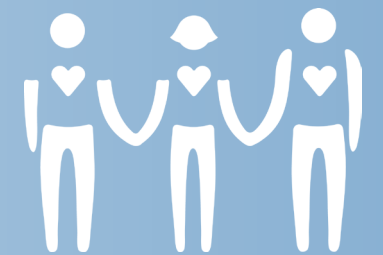
MEMBERSHIP TYPES

- 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.



HELLO! WE'RE GLAD YOU ARE HERE!

MEET OUR DIRECTORS

Gregory Coil, Chief Executive Officer
greg.coil@tcfymca.org

David Burdo, Membership & Marketing Director
david.burdo@tcfymca.org

Meredith Long, Child Development Director
meredith.long@tcfymca.org

Dave Osborn, Facilities & Maintenance Director
dave.osborn@tcfymca.org

Erica Phelps, RD, Fitness & Wellness Director
erica.phelps@tcfymca.org

Katie Steele, Youth Sports Director
katie.steele@tcfymca.org

Barbara VanOstran, Finance Director
barbara.vanostran@tcfymca.org

MEET OUR BOARD

Kathy Humphrey, Chief Volunteer Chair

Chris Streng, Vice Chair

Jim Davidson, Treasurer

Amylyn Robbins, Secretary

Tammy Basil, At-Large

Lew Gorbach

Jud Highhill

Adam Kelly

Susan Petrus

David Redeker

Dan Martin



What is YOUR Y STORY?

We would love to hear it!
Please share your #Ystory with us!
Contact Kelly Ruffing to share!
kelly.ruffing@tcfymca.org



SPECIAL EVENTS & HAPPENINGS



"I am so grateful that my child has the Y to go to. It gives her a place to have diverse and fun experiences, to be physically active, and to be inspired and to get to know wonderful adults and peers."

FRIDAY NIGHT FLIP OUT AGES 5 - 12 YEARS (GIRLS ONLY!)

Girls, join us for a night you'll FLIP for! Dance Parties, Gymnastics, Manicures, Pizza, Snacks, Fort Dodgeball, Gaga Pit, Movies, Swimming (optional), and tons of FUN!

JAN 25 / FEB 22 / MAR 22
6:30 - 10:30 PM

MEMBERS: \$20 **NONMEMBERS:** \$30
SIBLINGS: ½ price

Registration required by Thursday prior to program.

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 4 / FEB 1 / MAR 8
5:30 PM - 8:30 PM

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

Registration required by Thursday. Children must be potty trained.

WINTER BREAK FUN CAMP REGISTRATION NOW OPEN!

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 - 28
JANUARY 2 - 4
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: \$175
NONMEMBERS: \$210

A \$50 non-refundable/transerable deposit is due at the time of camp registration. The remaining balance must be paid in full the Wednesday prior to camp start date. Payments may be scheduled for **AUTOMATIC DEDUCTION** upon request.

POPCORN AND MOVIE NIGHTS

AGES 3-10 YEARS
3RD FRIDAY OF THE MONTH, JAN-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/sibling

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

MOVIE LINEUP:
Movies are subject to change.

JAN 18 Storks
FEB 15 Paddington
MAR 15 Iron Giant
APR 19 Smallfoot
MAY 17 Monsters University

SPRING BREAK FUN CAMP REGISTRATION OPENS MAR 1

Spring 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.

APRIL 1 - 5
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

A \$50 non-refundable/transerable deposit is due at the time of camp registration. The remaining balance must be paid in full the Wednesday prior to camp start date. Payments may be scheduled for **AUTOMATIC DEDUCTION** upon request.



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 10
10:00 AM - 1:00 PM

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

sponsored by:



BABYSITTER TRAINING AGES 11 & UP

Participants will 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. This is a one-day course, please bring a lunch. Pre-registration required.

JAN 19 / MARCH 2
8:00 AM - 3:00 PM

MEMBERS: \$100 **NONMEMBERS:** \$130

HEALTHY LIVING STRATEGIES FOR BUSY FAMILIES

Our registered dietitian, Erica Phelps, RD, invites you to attend this informative class! She will help you tackle challenges you face when trying to live a healthy life! You can expect guidance on meal planning, streamlining grocery shopping, reducing food cost and waste, and cooking strategies that work for you and your busy family!

JANUARY 8 **JANUARY 11**
6:30 PM **11:30 AM**
MEMBERS: FREE **NONMEMBERS:** \$10

SELF DEFENSE SERIES

Increase your physical and mental confidence to avoid hazardous situations in this weekly class. Our experienced instructors will design classes to make you aware, prepared, and ready for any situation. Class is suitable for teens 14 and up WITH A PARENT.

FEB 19 - MAR 26 (class held Tuesday's)
7:00 - 8:00 PM
MEMBERS: \$50 **NONMEMBERS:** \$80

EXPLORING PLANT BASED EATING

This three-part series on Whole Food Plant Based Diets (or WFPBD) will bring awareness to food and its nutritional value, explore the connection between food and diseases, and include exploration of reducing our environmental footprint. Each session includes discussion on research, examples of cost savings and nutritional value, cooking demonstration and tasting, food prep tips, and panel discussion of personal experience from those using WFPBD. This series will be presented by Erica Phelps, RD, Registered Dietitian and YMCA Wellness Director, and Kathleen Sokolow, Certified Plant Based Nutritionist from the T. Colin Campbell Center for Nutrition Studies. **Pre-registration required.**

JAN 27 / FEB 3 / FEB 10
1:00 - 2:30 PM

MEMBERS: \$60 **NONMEMBERS:** \$85



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

AGE	MONDAY - THURSDAY	FRI	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS AND 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	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$5/VISIT/CHILD OR \$20/MONTH/CHILD OR \$150/YEAR/CHILD NONMEMBER: \$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 the 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. **See pricing below.**

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

AGE	MONDAY - THURSDAY	FRI	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS AND 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 <small>NO EVENING HOURS 3RD FRIDAY OF EVERY MONTH OCTOBER - MAY</small>	8:30 AM - 3:30 PM <small>NO EVENING HOURS</small>	CLOSED	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$5/VISIT/CHILD OR \$20/MONTH/CHILD OR \$150/YEAR/CHILD NONMEMBER: \$6/VISIT/CHILD

LICENSED CHILDCARE: PRESCHOOL AND SCHOOL AGE 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, 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. Please note: schedules are due, via email, by 3:00 pm on the Wednesday prior to care. A \$15 late fee will be applied.

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
3 YEARS TO 12 YEARS	7:00 AM - 6:00 PM	MEMBERS: \$40/CHILD/DAY NONMEMBERS: \$45/CHILD/DAY CANCELLATION FEE: \$15 (WITH 24 HR NOTICE)	MEMBERS: \$190 NONMEMBERS: \$215

TRI-CITIES FAMILY YMCA LOCATION

LEARNING TREE CLASSES	DAYS	TIMES
2 YR OLD PRESCHOOL	T/TH	9:30-11:30 AM
2/3 YR OLD PRESCHOOL <small>Great for older 2's or younger 3's</small>	M/W	9:15-11:45 AM
2/3 YR OLD PRESCHOOL <small>Great for older 2's or younger 3's</small>	M/W	12:15-2:45 PM
3 YR OLD PRESCHOOL <small>Must be potty trained</small>	T/TH	9:15-11:45 AM
3 YR OLD PRESCHOOL <small>Must be potty trained</small>	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
AFTERNOON PRE-K/ GREAT START READINESS PROGRAM*	M-TH	12:15-3:15 PM
AFTERNOON PRE-K/YOUNG 5'S	M-F	12:15-3:15 PM
SPANISH PRESCHOOL	F	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.

SPRING LAKE LEARNING TREE

HOLMES ELEMENTARY AND SPRING LAKE INTERMEDIATE SCHOOL

LEARNING TREE CLASSES	DAYS	TIMES
HALF-DAY AM PRE-K (SLIS)	M-TH	9:00 AM -12:00 PM
HALF-DAY PM PRE-K (SLIS)	M-TH	12:30 PM -3:30 PM
FULL DAY PRE-K GREAT START READINESS PROGRAM* (HOLMES)	M-TH	9:00 AM -3:30 PM

All above 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.



REGISTRATION 2019-2020 SCHOOL YEAR

TRI-CITIES FAMILY YMCA LOCATION
OPEN HOUSE

JANUARY 12 | 10:00 AM - 12:00 PM

REGISTRATION

CURRENT LEARNING TREE FAMILIES
FEBRUARY 4, 2019

YMCA MEMBERS
FEBRUARY 5, 2019

NONMEMBERS
FEBRUARY 6, 2019

SPRING LAKE LOCATIONS
REGISTRATION

SPRING LAKE SCHOOL DISTRICT RESIDENTS
FEBRUARY 4, 2019

YMCA MEMBERS
FEBRUARY 18, 2019

NONMEMBERS
FEBRUARY 6, 2019



SOMETHING FOR EVERYONE

PARENT / TOT CLASSES							CLASS LENGTH
	AGE	MON	TUES	WED	THURS	FRI	
ROLLIE POLIE Your child will be introduced to basic tumbling movements. Come climb, crawl, jump and roll through obstacle courses with your little one.	12-24 MOS W/PARENT	9:30 AM		9:30 AM	5:30 PM		40 MIN
MINI MOVERS Movement will be explored through music and large motor play. Props, parachute, bean bag, balls, and so much more will be used in this fun environment for you and your child to enjoy together.	18-30 MOS W/PARENT				9:30 AM		40 MIN
DANCE GYMNASTICS What is your toddler's favorite song to dance to? Get ready to shake, rattle and roll as you partner with your toddler to explore gymnastics and dance. This class will be divided between creative movement, rhythm, and gymnastics.	2-3 YEARS OLD W/PARENT	4:30 PM	9:30 AM	10:30 AM			45 MIN
SPORTS SAMPLER Help your child learn gross motor basics through a variety of sport specific activities. Games and activities are planned to allow you and your child to explore sports in an age appropriate environment.	2-3 YEARS OLD W/PARENT		5:30 PM	4:30 PM		10:30 AM	45 MIN
BUSY BEE Children will learn basic Gymnastics skills. With a focus on following directions, our little gymnasts will work on tumbling, hanging, jumping, rolling, and balancing both with and without your help. Transition class into the independent 3's class.	2-3 YEARS OLD W/PARENT	11:30 AM 6:30 PM	6:30 PM		10:30 AM	11:30 AM	45 MIN
NINJA Tiny Tots The YMCA has Ninja classes your kids will FLIP for! Little ninjas will enjoy swinging, climbing, jumping, rolling, and balancing through our many Ninja obstacle courses.	12-24 MOS (WALKING) W/PARENT	10:30 AM	9:30 AM	10:30 AM		9:30 AM	40 MIN
NINJA Tots Your toddler will FLIP for this Ninja class! Ninjas will swing, climb, jump, roll, and balance through, many Ninja obstacle courses.	2-3 YR OLD W/PARENT	9:30 AM	10:30 AM	11:30 AM		11:30 AM	45 MIN

MEMBERS: \$40 NONMEMBERS: \$70 CLASS TIMES ARE THE SAME FOR WINTER 1 & WINTER 2

NINJA CLASSES							CLASS LENGTH
	AGE	MON	TUES	WED	THURS	FRI	
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 NINJA GYM .							
LIL NINJAS CO-ED	3-4 YEARS OLD	11:30 AM	11:30 AM	9:30 AM 5:30 PM	4:30 PM	10:30 AM 12:30 PM	45 MIN
NINJA JR Boys	5-7 YEARS OLD	4:30 PM	6:30 PM	6:30 PM	5:30 PM		45 MIN
NINJA JR Girls	5-7 YEARS OLD	5:30 PM	4:30 PM	4:30 PM	6:30 PM		45 MIN
NINJA Boys (Beginner)	8-11 YEARS OLD	6:30 PM	7:30 PM	7:30 PM			45 MIN
NINJA Girls (Beginner)	8-11 YEARS OLD	7:30 PM	5:30 PM				45 MIN
NINJA Teens (Beginner)	12 & UP				7:30 PM		45 MIN

MEMBERS: \$45 NONMEMBERS: \$75 CLASS TIMES ARE THE SAME FOR WINTER 1 & WINTER 2

PRESCHOOL GYMNASTICS							CLASS LENGTH	MEMBER	NON MEMBER
	MON	TUES	WED	THURS	FRI				
BEGINNER 3'S Located in our lower level gymnastics room; this class is for 3's who are ready to follow directions without parental assistance. Gymnastics skills on beam, bars, floor and vault will be introduced. Coach recommendation required to move up to Intermediate 3's (next level up in Preschool Gym).	10:30 AM 5:30 PM	11:30 AM 1:30 PM 4:30 PM	5:30 PM 6:30 PM	11:30 AM 4:30 PM 6:30 PM	9:30 AM 12:30 PM	45 MIN	\$45	\$75	
INTERMEDIATE 3'S This class is for those who have mastered Beginner 3's and have great listening skills. Your gymnast will work on cartwheels, arm strength on bars, two foot jumps on vault and being comfortable on the high beam. Coach Recommendation is required to register.	4:30 PM	11:30 AM 6:30 PM	6:30 PM	5:30 PM	9:30 AM	45 MIN	\$45	\$75	
ADVANCED 3'S Advanced 3's is for those who have mastered Intermediate 3's. Instruction will be based on skills. Mounting the high beam and jumping off with two feet, working on cartwheels and handstands, jumps on the trampoline, front supports and pull overs on bar. Coach Recommendation is required to register.	5:30 PM	9:30 AM 5:30 PM	4:30 PM	6:30 PM	9:30 AM	45 MIN	\$45	\$75	
BEGINNER 4'S Beginner 4's is perfect for your 4 year old gymnast. Skills will focus on forward and backwards rolls, jumping on and over objects, holding themselves up on bars and getting comfortable with balancing on the beam.	12:30 PM 6:30 PM	10:30 AM 12:30 PM 4:30 PM	5:30 PM	4:30 PM	10:30 AM 12:30 PM	45 MIN	\$45	\$75	
INTERMEDIATE 4'S This class is for those who mastered Beginner 4's. New skills will be introduced on each event. Focus will be on lunges, introduction to cartwheels, backward rolls, pull over on bars, and mounting beam.	4:30 PM	11:30 AM 6:30 PM	12:30 PM 6:30 PM	5:30 PM	9:30 AM	45 MIN	\$45	\$75	
ADVANCED 4'S Advanced 4's is for those who mastered Beginner and Intermediate 4's. We will focus on proper form, hand placement (pretty hands), beam mounts and dismounts, cartwheels and handstands on floor, and arm strength on bars. Coach recommendation required to register.	5:30 PM	9:30 AM 5:30 PM	4:30 PM	6:30 PM	10:30 AM	55 MIN	\$52	\$82	
BEGINNER 5'S Beginner 5's class is perfect for the gymnast who loves to roll, jump and hang on bars. Our staff will take them through a variety of obstacle courses at beam, floor, bars, and vault.	12:30 PM 6:30 PM	10:30 AM 12:30 PM 4:30 PM	5:30 PM	4:30 PM	10:30 AM	45 MIN	\$45	\$75	
INTERMEDIATE 5'S This class is for those who mastered Beginner 5's. New skills will be introduced on each event. Class will focus on handstands, mounts and dismounts on high beam, and proper form on bars.	4:30 PM	11:30 AM 6:30 PM	6:30 PM	12:30 PM 5:30 PM	9:30 AM	45 MIN	\$45	\$75	
ADVANCED 5'S Advanced 5's is for those that have mastered Beginner and Intermediate 5 classes. Gymnasts will focus on proper form, cartwheels, handstands, mounting and dismounting beam, front supports, casts, and pull overs on bars. Coach Recommendation required.	5:30 PM	9:30 AM 5:30 PM	4:30 PM	6:30 PM	10:30 AM	55 MIN	\$52	\$82	

CLASS TIMES ARE THE SAME FOR WINTER 1 & WINTER 2

NINJA BOOT CAMP

AGES 4-7 YEARS AND AGES 8 - 12 YEARS
Burn off some energy and conquer some obstacles. Registration required by Friday prior to program.

JAN 12 / FEB 2 / MARCH 2

AGES 4-7 YEARS: 10:00-11:00 AM
AGES 8-12 YEARS: 11:00 AM - 12:00 PM

MEMBERS: \$10 NONMEMBERS: \$12



FLIP, ROLL, AND JUMP

The YMCA has Gymnastics classes your kids will FLIP for! Our gymnastics program focuses on building strength, increasing flexibility and improving coordination. Gymnasts will be trained on floor, vault, bar, beam and trampoline. New skills will be taught at each level progressing as they move up! **Please contact the Gymnastics Department to schedule an evaluation for level placement prior to registering at 616-842-7051 ext 225.**

GIRLS GYMNASTICS AGES 6-15

	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	NON MEMBER
BEGINNING GYMNASTICS 1	3:30 PM 4:30 PM 6:30 PM	5:30 PM 7:30 PM	4:30 PM 6:30 PM	5:30 PM 7:30 PM	55 MIN	\$55	\$85
BEGINNING GYMNASTICS 2	3:30 PM 4:30 PM 5:30 PM	4:30 PM 6:30 PM	5:30 PM 7:30 PM	4:30 PM 6:30 PM	55 MIN	\$55	\$85
INTERMEDIATE GYMNASTICS 1	5:30 PM 6:30 PM	4:30 PM 7:30 PM	6:30 PM 7:30 PM	4:30 PM 5:30 PM	55 MIN	\$55	\$85
INTERMEDIATE GYMNASTICS 2	4:30 PM 5:30 PM 7:30 PM	5:30 PM 6:30 PM	4:30 PM 5:30 PM	6:30 PM 7:30 PM	55 MIN	\$55	\$85
ADVANCED GYMNASTICS 1		7:15 PM		6:30 PM	1.5 HR	\$75	\$105
ADVANCED GYMNASTICS 2	6:30 PM		7:15 PM		1.5 HR	\$75	\$105

BOYS GYMNASTICS AGES 6-12

BEGINNING BOYS 1			5:30 PM		55 MIN	\$55	\$85
BEGINNING BOYS 2			4:30 PM		55 MIN	\$55	\$85
INTERMEDIATE BOYS 1			6:30 PM		55 MIN	\$55	\$85

CLASS TIMES ARE THE SAME FOR WINTER 1 & WINTER 2



GYMNASTICS TEAM TRI-CITIES FAMILY YMCA

A group of girls working and growing together, building friendships and striving for the same goal both individually and as a Team. Gymnasts will compete in meets, have team uniforms and grow in their love for gymnastics as they accomplish new skills and goals. We would love to have you join our program under the guidance of caring adults who believe in their potential! Our TEAM program runs year round. We recommend you join in the fall, but we do offer the option to join during the year also.

Please contact the Gymnastics Department to schedule an evaluation for level placement prior to registering at 616-842-7051 ext 225.

10 YOUTH DEVELOPMENT

CHEER & TUMBLE

CHEER, JUMP, & TUMBLE - AGES 3-4

	MON	TUES	WED	THURS	SAT	CLASS LENGTH
We've got spirit, yes we do! We've got spirit, how 'bout you?! Basics in cheer and tumbling will be taught in this beginner class.		11:30 AM		4:30 PM		45 MIN

CHEER, JUMP, & TUMBLE - AGES 5-8

We've got spirit, yes we do! We've got spirit, how 'bout you?! Basics in cheer and tumbling will be taught in this beginner class.	4:30 PM					45 MIN
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TUMBLING - AGES 6-15

BEGINNER TUMBLING

Basic tumbling skills will be taught. Rolls, cartwheels, handstands & bridges.

INTERMEDIATE TUMBLING

Building on beginner tumbling skills.

ADVANCED TUMBLING

Must have passed intermediate tumbling or have a coach evaluation to register.

MEMBERS: \$45 NONMEMBERS: \$75 CLASS TIMES ARE THE SAME FOR WINTER 1 & WINTER 2

OPEN GYMNASTICS

AGES 5-16 YEARS

Drop in to our gymnastics gym to have fun on the equipment, jump around, or work on specific skills. Our trained coaches will be on hand to assist with spotting. All participants must have a waiver on file before participating.

EVERY SATURDAY

11:00 AM - 12:00 PM

MEMBERS: \$5 NONMEMBERS: \$8

SKILL CLINICS

AGES 5-16 YEARS

Are you looking to master a specific skill? Our skill-based clinics will offer drills focused on that one skill to help your child accomplish their goals. Cartwheel, Pullover, Back Handsprings are just a few of the clinics we will be holding. Watch our monthly flyers and Facebook page to see what clinics will be offered.

1ST AND 3RD SATURDAYS (JANUARY - MARCH)

10:00 - 11:00 AM

MEMBERS: \$10 NONMEMBERS: \$12



STRONG FOUNDATIONS

"My son is loving this program! The variety of activities keeps him engaged. We're surprised how much he has enjoyed cooking days!"

HEALTHY OUT OF SCHOOL TIME (HOST) AGES 11-17 YEARS

The Tri-Cities Family YMCA aims to provide a healthy, engaging environment for students age 11-17. We want to support your child in adopting healthy behaviors. Our HOST programming follows Y-USA's Healthy Eating and Physical Activity Standards. You can expect fitness sessions, games, and cooking classes. One healthy snack is provided each day.

Healthy Out of School Schedule:

Mon/Wed/Thurs: 3:00 - 5:30 PM

Pre-registration is required.

Follows the GHAPS calendar. No HOST on half days or no school days.

7TH GRADE INITIATIVE FREE MEMBERSHIP PROGRAM

The 7th Grade Initiative is a Y-USA National Program and provides a **FREE** Membership from SEPT 1 - 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!



12 YOUTH DEVELOPMENT

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.

SPORTS (CLASS TIMES WINTER 1 & 2)

SPORTS SAMPLER

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.

SOCCER

Basic soccer skills will be taught through fun games and drills. We will work on dribbling, shooting, passing and team work.

FLOOR HOCKEY

Grab a stick and take the "faceoff" to the fast, exciting game of hockey! Learn the fundamentals of stick handling, passing, and shooting for game play.

VOLLEYBALL

This fun recreational class will begin with 30 minutes of drills followed by a 30-minute scrimmage each night! Knee Pads required!

PICKLEBALL

Pickleball is a fun paddle sport that combines elements of tennis, badminton and ping pong into a game ideal for all ages and skill levels. The rules are simple and the game is relatively easy for beginners to learn.

DODGEBALL

In this fast-paced game, players on two teams throw foam balls at each other, trying to hit a player of the opposing team while keeping moving to "dodge" throws from their opponents. Y instructors teach safe throwing techniques and make sure everyone plays with respect. Dodgeball helps to develop hand-eye coordination, balance, flexibility and many other skills that transfer to other sports. With an emphasis on fun and safety, our dodgeball class is a great way for youth to engage in extra physical activity.

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. Emphasis will be on listening skills, self-control, self discipline and respect for everyone.

	AGE	MON	TUES	WED	THURS	FRI	LENGTH	MEMBER	NON MEMBER
SPORTS SAMPLER 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		4:30 PM	11:30 AM	5:30 PM	9:30 AM	45 MIN	\$35	\$65
	5-8 YRS OLD	4:30 PM					45 MIN	\$35	\$65
SOCCER 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	5:30 PM		10:30 AM		11:30 AM	45 MIN	\$35	\$65
	5-8 YRS OLD				4:30 PM		45 MIN	\$35	\$65
FLOOR HOCKEY Grab a stick and take the "faceoff" to the fast, exciting game of hockey! Learn the fundamentals of stick handling, passing, and shooting for game play.	3-4 YRS OLD		5:30 PM	5:30 PM		10:30 AM	45 MIN	\$35	\$65
	5-8 YRS OLD	6:30 PM					45 MIN	\$35	\$65
VOLLEYBALL This fun recreational class will begin with 30 minutes of drills followed by a 30-minute scrimmage each night! Knee Pads required!	5-8 YRS OLD		6:30 PM				45 MIN	\$40	\$70
	9-13 YRS OLD		7:30 PM				45 MIN	\$40	\$70
PICKLEBALL	5-8 YRS OLD			6:30 PM			45 MIN	\$40	\$70
	9-13 YRS OLD			7:30 PM			45 MIN	\$40	\$70
DODGEBALL	5-8 YRS OLD				6:30 PM		45 MIN	\$40	\$70
	9-13 YRS OLD	7:30 PM		4:30 PM			45 MIN	\$40	\$70
KARATE	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



MAKE A SPLASH



TRI-CITIES GUARDIANS SWIM TEAM

The Tri-Cities Guardians Swim Team is a collaborative program of the Tri-Cities Family YMCA and Spring Lake 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.



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 the Welcome Center to register.

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

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

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)

WINTER 1: FEB 15 - 17
WINTER 2: MAR 29 - 31

8:00 AM - 5:00 PM

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

Must register by Thursday prior to program.

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

14 YOUTH DEVELOPMENT

AQUATICS

SWIM STARTERS - AGES 6-36 MONTHS

A / WATER DISCOVERY

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.

MON	TUES	WED	THURS	SAT	CLASS LENGTH
5:45 PM	9:30 AM	5:45 PM	9:30 AM	10:00 AM	30 MIN
5:45 PM	9:30 AM	5:45 PM	9:30 AM	10:00 AM	30 MIN

B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS - AGES 2 1/2 THRU KINDERGARTEN

1 / WATER ACCLIMATION

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	10:00 AM	5:45 PM	10:00 AM	10:30 AM	45 MIN
5:45 PM	5:45 PM		5:45 PM		

2 / WATER MOVEMENT

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	10:00 AM	5:45 PM	10:00 AM	10:30 AM	45 MIN
5:45 PM	5:45 PM		5:45 PM		

3 / WATER STAMINA

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	10:45 AM	10:30 AM	45 MIN
	5:45 PM		5:45 PM		

SWIM STROKES - 1ST THRU 8TH GRADE

4 / STROKE INTRODUCTION

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
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5 / STROKE DEVELOPMENT

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	6:30 PM	11:15 AM	45 MIN
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6 / STROKE MECHANICS

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
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SWIM STARTERS: MEMBERS: \$45 NONMEMBERS: \$65

SWIM BASICS & SWIM STROKES: MEMBERS: \$57 NONMEMBERS: \$77

CLASS TIMES ARE THE SAME FOR BOTH WINTER SESSIONS



HEALTH AND WELLNESS ALL YEAR LONG

“Yin Yoga is a slow, meditative practice that pays close attention to the subtle details of movements that lead to each yin posture.”

YIN YOGA SERIES

Join Adriana Schmuker, MSW, CPT, RYT-500, in the quiet, meditative practice of Yin Yoga. This practice goes deeper than the muscles to target connective tissues and assist with myofascial release. Yin Yoga is intended to be practiced by healthy, fit adults. **Pre-registration required.**

WINTER 1: JAN 7-FEB 24 (class held every Friday)
WINTER 2: FEB 25 - APR 21 (class held every Friday)

6:30 - 7:45 PM

MEMBERS: \$50 **NONMEMBERS:** \$70

PRENATAL YOGA

Expecting a new baby can be a very exciting and scary journey! Adriana Schmuker, MSW, CPT, RYT-500, will lead this 7 week Prenatal Yoga series. Expectant mothers will have the opportunity to learn valuable yoga and meditation tools needed to prepare the mind, body, and heart for labor, birth, and motherhood. You can expect tips to foster a healthy pregnancy, cultivate breath awareness, nurture mindfulness, ease aches and pains, build self-confidence, meet a community of other expectant mothers, reserve special time with your growing baby, and shorten postpartum recovery.

The Prenatal Yoga Classes are intended for healthy women with uncomplicated pregnancies that are medically cleared to safely participate until labor. Physician approval is required prior to the start of the series.

WINTER 1: JAN 7- FEB 24 (class held every Wednesday)
WINTER 2: FEB 25 - APR 21 (class held every Wednesday)

11:30 AM - 12:30 PM

MEMBERS: \$50 **NONMEMBERS:** \$70

Register by the Wednesday prior to session date.

ROLL AND RESTORE

Join Kim Hirai, Board Certified Licensed Massage Therapist, to learn foam rolling techniques to improve muscle function. Foam rolling can improve mobility, enhance flexibility, and restore muscle balance. Each participant will receive a foam roller for home use.

JAN 8 / JAN 15 / JAN 22
7:00 - 8:00 PM

MEMBERS: \$30 **NONMEMBERS:** \$55

16 HEALTHY LIVING

FIND YOUR FIT!

NUTRITION SESSIONS

Our registered dietitian is here to help you realize your health goals! What you put into your body directly impacts energy level, fitness ability, and overall wellness. Whether you are seeking to lose weight, build muscle, increase endurance or manage a health condition, Erica Phelps, RD, can help create a manageable plan based on your personal preferences, fitness goals, and lifestyle. Contact the Welcome Center to register for a session, or multiple sessions! For further information, contact Erica Phelps, RD, at erica.phelps@tcfymca.org. 1 hour session prices listed, multi-sessions available.

MEMBERS: \$46 **NONMEMBERS:** \$56



BODY COMPOSITION TESTING

Our InBody® Scale goes beyond just your body weight! You will receive data on muscle, percent body fat, total body water, and basal metabolic rate. Results are reviewed with you by a member of our fitness staff. Sign up at the Welcome Center.

MEMBERS: \$15 for one test/\$25 for two tests

NONMEMBERS: \$25 for one test

*New members receive one complimentary test within the first 3 months of membership

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 3 at 6:30 PM / **JAN 4** at 11:30 AM

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

Pre-registration required the previous day by Noon.



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 certified instructors are ready to motivate you to be your best.

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

MEMBERS: FREE

NONMEMBERS: \$10 DROP-IN FEE

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 a program 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. *Note: Trainers must be employed by the YMCA.*

MEMBERS: One hour session \$46 / Six sessions \$230

NONMEMBERS: Additional \$10 guest fee per visit

Pre-payment and 24 hour cancellation notice required.

Semi-Private Training sessions are available if you would like to train with a friend or family member.

CROSSFIT FLIGHT | GRAND HAVEN

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). Upon joining, you will be integrated into the classes and introduced to various movements based on your current fitness level.

CrossFit pricing

Y Member cost is \$60 per month, 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)

Class schedule can be found online at WWW.TCFYMCA.ORG
For further information, contact Erica Phelps, RD at erica.phelps@tcfymca.org.



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.

ENHANCE FITNESS

This group exercise program helps older adults at all levels of fitness become more active energized, and able to maintain their independence. Participants report improved mood, better balance, greater strength, and improved breathing capacity. 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 where participant progress is tracked with regular fitness checks over the 16 week session.

JANUARY 7 – MAY 3

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

Registration REQUIRED by January 4

MEMBERS: FREE NONMEMBERS: \$60

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



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
\$25 additional to take classes both nights.

2018 – 2019 ANNUAL CAMPAIGN

WE ARE STRONGER TOGETHER

Your gift to the Annual Campaign will help our young people achieve their potential, empower people of all ages to lead healthier lives and strengthen the bonds of our community by bringing people together.

\$50 Will help fund one of our many programs, like Healthy Out of School Time (HOST) and the 7th Grade Initiative, that keep kids engaged after school.



\$500 Will support a monthly membership for 10 seniors, giving them the ability to stay active and prevent chronic disease and isolation.



\$1000 Will help support our Safety Around Water Program, which gives local children confidence in and around water by teaching beach and pool safety.



KICK-OFF EVENT

The Tri-Cities Family YMCA held it's first Annual Campaign Kick-Off event on October 24! Guests had the privilege of hearing and seeing, first hand, how the Y has a significant impact on individuals, families, and our community. Generous donations to the event were made by Lake Effect Kitchen, LLC, Plain Jane Glory, Alpine Rent All, MUGS Party Store, Tracy Easton, Brad Heinritz, and Rick Witham.

Please give today.
tcfymca.org/about-us/support

Give in person by dropping by the WELCOME CENTER.



Give by PHONE.
616.842.7051



Give ONLINE.
Visit tcfymca.org and click on Donate.





TRI-CITIES FAMILY YMCA
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GRAND HAVEN, MI 49417

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IMPROVING OUR CARDIO AND MIND/BODY SPACES For a healthier us.

We're incredibly excited to revitalize our Cardio Theater and Mind/Body Studio with brand new, state-of-the-art equipment and new interior finishes! These changes will create a BETTER Y for a BETTER US!



COMING TO YOUR Y IN 2019!

PROJECT REINVEST
TRI-CITIES FAMILY YMCA