



TRI-CITIES FAMILY YMCA

WINTER 2025 PROGRAM GUIDE



**EXCITING
NEWS FOR
OUR Y INSIDE!**



TRI-CITIES FAMILY YMCA
1 Y DRIVE GRAND HAVEN, MI 49417
616.842.7051 | tcfymca.org

LET THE JOURNEY BEGIN AT THE Y!

Y for All Capital Improvement Project Launching Early 2025

We are excited to announce the long-awaited **FACILITY IMPROVEMENT PROJECT** will begin early this year! These improvements include:

- Expanding and modernizing Early Childhood Classrooms
- Investing in intergenerational wellness by relocating cardio equipment and indoor track
- Stewarding essential infrastructure by replacing and upgrading mechanical systems and roofs
- Redesigning our locker rooms to increase privacy and create a universal locker room for members and families with private changing rooms.
- And, MORE!

Please note session dates are subject to change based on the progress of this project. We appreciate your flexibility and patience as we move forward with improvements that will ensure the Y is better for you and thriving for generations to come.



DO YOU WANT TO SUPPORT THE Y?

DONATE TODAY!



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HI! WE'RE GLAD YOU ARE HERE!

TABLE OF CONTENTS

Y FOR ALL PROJECT.....1

WELCOME.....2

MEMBERSHIP.....3

SPECIAL EVENTS.....4

WINTER 2 SESSION

EARLY CHILDHOOD.....5-6

HEALTHY YOUTH.....7-10

SWIM LESSONS.....11-12

HEALTH & SAFETY.....13

HEALTHY ADULTS.....14-16

FACILITY & POOL HOURS

FACILITY HOURS

MON-THURS: 5:00AM-9:00PM
FRIDAY: 5:00AM-8:00PM
SAT-SUN: 7:00AM-5:00PM

POOL HOURS

MON-THURS: 5:30AM-1:00PM
4:00PM-8:30PM
FRIDAY: 5:30AM-1:00PM
SATURDAY: 7:30AM-4:30PM
SUNDAY: 7:30AM-2:30PM

HOLIDAY HOURS

EASTER CLOSED

SESSIONS & REGISTRATION

WINTER 2 | FEB 24-APR 20
MEMBERS: FEB 3
PARTICIPANTS: FEB 10

GET TO KNOW US

TRI-CITIES FAMILY YMCA FOOD PROGRAM

The Tri-Cities Family YMCA Food Program distributes FREE snacks and meals to local families, for ages 18 years and younger or 26 years and younger with a disability. For more information, please contact Brandy Fisher at brandy.fisher@tcfymca.org or 616.842.7051 ext. 224.

YMCA LOBBY | MONDAY-FRIDAY | 4:00-5:00 PM

AMERICAN RED CROSS BLOOD DRIVES

Give the gift of life by donating at our upcoming American Red Cross blood drives. In addition to donors, we will also need volunteers. Contact Brandy Fisher, Health & Wellness Coordinator, to sign up to volunteer at brandy.fisher@tcfymca.org. DONOR REGISTRATION: www.redcross.org

FEB 21 / MAR 28 / APR 18 | 9:00 AM - 3:00 PM

MEMBERSHIP TYPE	AGE
Youth	0-18
Young Adult	19-23
Adult	24-64
Couple	Two adults
Parent/Child	One adult & one child*
Family	One or two adults over age 18 & any dependents through age 23*
Senior-Adult	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.

HOW DO I REGISTER FOR MEMBERSHIP?

Online Membership registration is encouraged! It is a simple and easy process:

1. Go to tcfymca.org
2. Click on the BECOME A MEMBER button.
3. Find and click on the Membership that suits you and/or your family.
4. Fill out the registration form.

HOW DO I REGISTER FOR PROGRAMS?

Online program registration is encouraged! It is a simple and easy process:

1. Go to tcfymca.org
2. Click on the REGISTER button.
3. Login to your account or sign up for an account.
4. Find and click on the program you want to register for. Option to donate to the Annual Campaign.
5. Register and provide form of payment.

PROGRAM DEPOSITS & CANCELLATIONS

A NON-REFUNDABLE deposit (not to exceed 20% of the total fee) is due at the time of registration. Cancellations made on or before the Wednesday prior to the session start date will receive a full refund, minus the deposit, to the original form of payment. All other cancellations will receive a full refund in the form of a system credit, minus the deposit. **System credits expire on December 31 of the year issued.**

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.

MEMBER BENEFITS

- FREE CHILDCARE SERVICES
- FREE GROUP FITNESS CLASSES
- FREE EQUIPMENT ORIENTATION & FREE BODY COMPOSITION TEST
- REDUCED PROGRAM FEES
- PRIORITY REGISTRATION
- 25 METER POOL
- CARDIO THEATER
- WEIGHT ROOM
- FREE DROP-IN ADULT SPORTS
- SAUNA AND WHIRLPOOL
- FREE OPEN & JUNGLE GYM
- AND, MORE!

MEMBERSHIP



Mosaic Counseling



COMMUNITY MENTAL HEALTH OTTAWA COUNTY

FREE ON-SITE COUNSELING SERVICES

Have you struggled with feelings of loneliness, anxiety, or hopelessness for 2 or more weeks? Do you want to learn tools and skills to help cope and manage these feelings? Our on-site counselor, Andrea, is here to help! Thanks to Mosaic Counseling and Community Mental Health of Ottawa County, the Y is offering FREE counseling and intake services to our members.

Check the Counseling Office Schedule at www.tcfymca.org to see when Andrea, our on-site Counselor, will be in the office. The Mosaic Counseling office is located right outside the East/Gymnastics Gym.

We encourage you to stop by and meet Andrea during her office hours to learn more about what our on-site counseling services include. Everyone can benefit from counseling.

FREE QPR SUICIDE PREVENTION TRAINING

Suicide is complicated and tragic, but it is often preventable. Knowing the warning signs for suicide and how to get help can help save lives. Learn about behaviors that may be a sign that someone is thinking about suicide. Not sure where to start? Participate in a training to learn more.

Mosaic Counseling is offering FREE QPR Suicide Prevention Training at the Tri-Cities Family YMCA. The training is open to members and to the public. Pre-registration is suggested. Register at www.tcfymca.org.

FEB 20 | 6:00 PM
MAR 18 | 12 PM
APR 14 | 6:00 PM
MAY 13 | 12 PM

Y TEA TIME

Please join us for a complimentary Y Tea Time every Wednesday! Tea, coffee and friendship will be served! We hope you participate in this great opportunity to further strengthen our YMCA family! **WEDNESDAY MORNINGS**

SUMMER RACES

SAVE THE DATES!

2025 RAMI KICK-OFF TO SUMMER RUN
SATURDAY, MAY 24, 2025
5K • 1-MILE

2025 TRINITY HEALTH GRAND HAVEN
COAST GUARD CITY USA RUN
SATURDAY, JULY 26, 2025
10K • 5K • COASTIE CHALLENGE • 1-MILE

BIRTHDAY PARTIES

Give your child the best birthday ever! The Y offers various themed party options, including Jungle Gym, Ninja, Gymnastics, Swimming, and Sports. A **\$60 non-refundable deposit due at the time of booking.**

SATURDAYS AND SUNDAYS - Contact Special Events for availability at specialevents@tcfymca.org

MEMBERS | \$215
PARTICIPANTS | \$255

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.

SATURDAYS 10:00 AM - 11:00 AM

MEMBERS | \$10
PARTICIPANTS | \$20

JUNGLE GYM

WALKING - 5 YEARS

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.** To ensure your child's safety and enjoyment, parents must take an active role in supervising their children at all times. **OPEN WHEN THERE IS NO SCHOOL AT GHAPS FOLLOWING THE BELOW SCHEDULE.**

TUESDAYS AND WEDNESDAYS 10:30 AM - 12:30 PM

MEMBERS | FREE
PARTICIPANTS | \$5/CHILD OR \$12/FAMILY

HEALTHY KIDS DAY

SAVE THE DATE!

SATURDAY, APRIL 26

Stay tuned for more details!
FREE & OPEN TO THE PUBLIC

TEEN NIGHT OUT

6TH-8TH GRADE

Join us for a FUN night out at the Y with swimming, basketball, games, pizza, snacks, and more!

5:00-8:00 PM

JAN 24 / FEB 28 / MAR 14 / APR 25

MEMBERS | \$15

PARTICIPANTS | \$20

CRAFTS FOR KIDS

AGES 4-11 YEARS

Join us for Crafts for Kids to celebrate the holidays! Participants will create a fun and festive craft and enjoy a healthy snack. Must be potty trained.

MOTHERS DAY CRAFT | MAY 10

10:00 AM - 12:30 PM

MEMBERS | \$20

PARTICIPANTS | \$30

KIDS NIGHT OUT

AGES 3-13 YEARS

Skip the hassle of finding a sitter and send the kids to the Y for a fun-filled evening. Supervised activities will include pizza, games, bounce houses, obstacle courses, gymnastics, ninja warrior, and SO MUCH MORE! ***REGISTRATION REQUIRED BY THURSDAY PRIOR. MUST BE POTTY TRAINED.**

4:30-7:30 PM

FEB 7 / MAR 7 / APR 4 / MAY 2

MEMBERS | \$30

PARTICIPANTS | \$40

POPCORN & MOVIE NIGHT

AGES 4-12 YEARS

Drop off the kids and enjoy an evening out! Your child will enjoy dinner, games, popcorn and a movie under the supervision of our dedicated and trained staff. **REGISTRATION REQUIRED BY THURSDAY PRIOR. MUST BE POTTY TRAINED.**

4:30-7:30 PM

FEB 21 / MAR 21 / APR 18 / MAY 16

Movie titles will be selected 2 weeks prior. Please confirm movie title at the time of registration.

FAMILY OR PARENT/CHILD MEMBERSHIP | \$25
ALL OTHER MEMBERSHIPS OR PARTICIPANTS | \$30

LEARNING TREE LICENSED CHILDCARE | AGES 3-12 YEARS*

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 Licensed Childcare program offers:

- An engaging environment where your child can learn and grow
- Enriching, creative, hands-on activities
- Field trips
- The opportunity for your child to participate in other Y programming while in our care

For enrollment, contact Celia Hardin, Early Childhood Assistant Director at celia.hardin@tcfymca.org

MONDAY - FRIDAY, 7:00 AM - 6:00 PM			
MEMBERS		PARTICIPANTS (\$40 Registration Fee)	
Number of Days	Fee	Number of Days	Fee
Daily	\$60	Daily	\$75
2 Days	\$100	2 Days	\$120
3 Days	\$140	3 Days	\$165
4 Days	\$180	4 Days	\$210
5 Days	\$220	5 Days	\$255

Wrap Around Care: Care will be provided before, after, or between preschool classes and/or programming, for up to 3 hours: **\$15/hr (MEMBERS ONLY)**

KIDS' WORLD | DROP-IN CHILDCARE | AGES 3 MONTHS-10 YEARS

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 families while attending classes, using the Y for fitness, or participating in activities **WITHIN THE FACILITY**. Children play under the supervision of caring, trained YMCA staff. **Two hour limit for all children.**

KIDS' WORLD HOURS

HOURS	MON -THURS	FRI	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS
WINTER 2	8:30AM-1:15PM 4:00-8:00PM	8:30AM-1:15PM NO EVENINGS	9:00AM-1:00PM NO EVENINGS	10:00AM-2:00PM	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$6/VISIT/CHILD

ACE PLACE | DROP-IN CHILDCARE | AGES 4-10 YEARS

Allow your children to explore and discover while you are involved in Y activities **WITHIN THE FACILITY**. Children 4 years old (potty trained) and up to 10 years old have an adventure waiting for them: slides, tunnels and much more! Children play under the supervision of caring, trained YMCA staff.

ACE PLACE HOURS

HOURS	MON -THURS	FRI	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS
WINTER 2	4:00-8:00PM	CLOSED	9:00 AM-1:00PM	CLOSED	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$6/VISIT/CHILD

LEARNING TREE PRESCHOOL

Learning Tree Preschool is a **GREAT PLACE TO GROW!** We are **FULLY LICENSED**, with a dedicated and highly qualified staff. Please email Celia Hardin, Early Childhood Assistant Director at celia.hardin@tcfymca.org to schedule a tour and meet our teachers!



LEARNING TREE PRESCHOOL

LEARNING TREE PRESCHOOL		
CLASSES	DAYS	TIMES
2 YR OLD PRESCHOOL	T/TH	9:30-11:30 AM
2/3 YR OLD PRESCHOOL	M/W	9:30 AM-12:00 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 <small>Great for older 3's or younger 4's</small>	M/W/F	12:30-3:15 PM
AFTERNOON PreK for ALL	M-TH	12:15-3:15 PM
FULL-DAY PreK for ALL at the Y	M-TH	8:30 AM-3:30 PM
FULL-DAY PreK for ALL at WMAAA	M-TH	8:30 AM-3:30 PM

REGISTRATION | FEBRUARY 3-5

Registration will not take place in-person. Students will be registered by class based on the dates listed below. Once a class is full, a lottery will take place. Confirmation emails will be sent to families at the end of each designated registration day.

Current Learning Tree Families | FEB 3
Tri-Cities Family YMCA Members | FEB 4
Community/Participants | FEB 5



FALL 2025 CLASS OFFERINGS

PRE-REGISTRATION FORMS | DUE JAN 29

Please click on the appropriate link below to access registration forms for each class. Questions? Contact Kelly Haracourt at kelly.haracourt@tcfymca.org.

[Twos Class](#)

[Two-Threes Class](#)

[Two-Day Threes Class](#)

[Three-Day Threes Class](#)

[Three-Fours Class](#)

[Afternoon PreK for ALL Class](#)

[Full-Day PreK for ALL Class at the Y](#)

[Full-Day PreK for ALL Class at WMAAA](#)



WINTER 2 YOUTH SPORTS	AGE	MON	TUES	WED	FRI	SAT	CLASS LENGTH	MEM.	PART.
SPORTS BASICS & GAMES	4-5 YRS			4:00 PM			45 MIN	\$60	\$100
CO-ED BALLET BASICS	4-5 YRS	4:30 PM					45 MIN	\$60	\$100
	6-8 YRS	5:30 PM					45 MIN	\$60	\$100
CARTOONING <small>Let your imagination come to life on paper! Learn the basics of drawing cartoons, motion, shadows, and more!</small>	6-8 YRS					12:15 PM	60 MIN	\$70	\$110
	9-13 YRS					1:30 PM	60 MIN	\$70	\$110
CO-ED HIP HOP	9-13 YRS			5:30 PM			45 MIN	\$60	\$100

WINTER 2 NINJA	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEM.	PART.
MORNING NINJA TINY TOT (PARENT PARTICIPATION)	2-3 YRS		9:30 AM 10:15 AM			30 MIN	\$40	\$80
NINJA TINY TOT (PARENT PARTICIPATION)	2-3 YRS		4:30 PM 5:00 PM		4:30 PM	30 MIN	\$40	\$80
LIL NINJA	4-5 YRS	4:30 PM	5:30 PM	4:30 PM		45 MIN	\$65	\$105
NINJA BEGINNER	6-8 YRS	5:30 PM		5:30 PM 6:30 PM		45 MIN	\$65	\$105
	9-13 YRS				5:30 PM	45 MIN	\$65	\$105
NOVICE NINJA (COACH RECOMMENDATION)	8+ YRS				6:30 PM	45 MIN	\$65	\$105
NINJA INTERMEDIATE (COACH RECOMMENDATION)	8+ YRS	6:30 PM				45 MIN	\$65	\$105
NINJA ADVANCED (INVITATION ONLY)	6+ YRS	7:30 PM				1 HR	\$80	\$120

Click [HERE](#) for ninja level descriptions. Still not sure what level to register for? Please contact Jentry Karpin, Youth Sports Coordinator at jentry.karpin@tcfymca.org.



DROP-IN NINJA

6+ YEARS

TUESDAYS 6:30-7:15 PM

MEMBERS | \$10

PARTICIPANTS | \$20

Join us for Drop-In Ninja every Tuesday! Our Ninja coaches will be there to lend a hand as your Ninja climbs, flips, and swings! All experience levels are welcome.

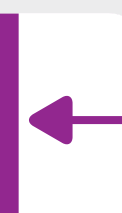
WINTER 2 TUMBLING	AGE	MON	TUES	WED	CLASS LENGTH	MEM.	PART.
BEGINNER TUMBLING	5-15 YRS		4:30 PM		45 MIN	\$70	\$110
INTERMEDIATE TUMBLING	5-15 YRS		5:30 PM		45 MIN	\$70	\$110
ADVANCED TUMBLING	5-15 YRS	6:00 PM			45 MIN	\$70	\$110

WINTER 2 PRESCHOOL GYMNASTICS	AGE	MON	TUES	WED	FRI	CLASS LENGTH	MEM.	PART.
PRESCHOOL 2'S	2-3 YRS	4:30 PM		4:30 PM	9:00 AM	30 MIN	\$45	\$85
PRESCHOOL BEGINNER	3-5 YRS	5:30 PM		5:30 PM	9:45 AM	45 MIN	\$70	\$110
PRESCHOOL INTERMEDIATE	3-5 YRS	6:30 PM		6:30 PM	10:45 AM	45 MIN	\$70	\$110

WINTER 2 GYMNASTICS	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEM.	PART.
BEGINNER 1	5-15 YRS	4:30 PM		4:30 PM	5:30 PM	55 MIN	\$80	\$120
BEGINNER 2	5-15 YRS	5:30 PM	4:30 PM	5:30 PM	6:30 PM	55 MIN	\$80	\$120
INTERMEDIATE 1	5-15 YRS	6:30 PM	5:30 PM	6:30 PM	4:30 PM	55 MIN	\$80	\$120
INTERMEDIATE 2	5-15 YRS	4:30 PM	6:30 PM	4:30 PM		55 MIN	\$80	\$120
ADVANCED	5-15 YRS	4:30 PM				1.5 HR	\$90	\$130



Click [HERE](#) for gymnastics level descriptions. Still not sure what level to register for? Please contact Melissa Freel, Gymnastics Coordinator at melissa.freel@tcfymca.org.



YOUTH FITNESS POLICY

Safety is our number one priority. The following age guidelines will help to ensure your family's safety while enjoying all that our facility has to offer! ***Must pass swim test in order to be in pool without parent/guardian supervision. Equipment Orientation is required for ages 11-15 and is recommended for ages 16+.** ****No use of Weight Room equipment.**

YOUTH AGES	POOL	GYM	CARDIO THEATER	TRACK	NON-EQUIPMENT FITNESS CLASSES	ALL FITNESS CLASSES, EXCEPT SPIN	SELECT WEIGHT EQUIPMENT	FULL USE OF FACILITY AND PROGRAMS
3 MON-7 YRS WITH DIRECT PARENT/GUARDIAN SUPERVISION	●	●						
8-10 YRS** WITH DIRECT PARENT/GUARDIAN SUPERVISION	●	●	●	●				
10 YRS* PARENT/GUARDIAN MUST BE IN THE Y FACILITY	●	●						
11-12 YRS* NO PARENT/GUARDIAN SUPERVISION NEEDED	●	●	●	●	●		●	
13-15 YRS* NO PARENT/GUARDIAN SUPERVISION NEEDED	●	●	●	●	●	●	●	
16+ YRS NO PARENT/GUARDIAN SUPERVISION NEEDED								●

WINTER 2
HEALTHY YOUTH

WINTER 2
HOMESCHOOL



7TH GRADE INITIATIVE

The 7th Grade Initiative is a Y-USA National Program and provides a **FREE** Membership during the school year! Youth have opportunities for fitness and sports, as well as time to socialize with peers in a safe environment.

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. \$5 for each additional lost key tag.
3. Complete forms, schedule an orientation and have fun!

STRENGTH TRAINING FOR TEEN ATHLETES

AGES 11-15

Join Certified Personal Trainer, Traver Johnson, to learn how to properly strength train for athletes. Teens will learn basic lifts, machines, free weights, barbells, proper form, how to spot, and weight room etiquette.

WINTER 2 | WEDNESDAYS 5:00 PM (50 MIN CLASSES) MEMBERS ONLY | \$100

AFTER SCHOOL PROGRAM

Ages 5-12

The Y's After-School Program will provide a safe, enriching and fun environment for kids to enjoy when the school day ends. Includes transportation, free meals/snacks, academic help, and physical activities.

Transportation via Harbor Transit is available from Griffin Elementary, Ferry Elementary, Mary A White Elementary, White Pines Intermediate, and West Michigan Academy of Arts & Academics. Lakeshore Middle School students are encouraged to walk.

\$100/WEEK*

**Financial assistance available.*

Days: Monday-Friday
Times: After school - 6:00pm

Register by calling the Welcome Center at 616.842.7051. Registration is required by Wednesday for care the following week.

Questions? Contact Mark Wilgenburg at mark.wilgenburg@tcfymca.org

HOMESCHOOL SWIM LESSONS

Our Homeschool Swim Lessons are perfect for those families who are participating in homeschooling. During these lessons we offer an approved instructor who can work with many Partnerships. Please ask us to ensure we currently work with your Partnership. If you have questions about what level would best fit your child, please contact Ali Weber, Aquatics Director, at ali.weber@tcfymca.org or 616-842-7051 ext 239. Homeschool Swim Lessons follow Winter 2 program dates.

Group 1 (Levels 2-4): MON OR WED | 11:15 AM (45 MIN)
Group 2 (Levels 4-6): MON OR WED | 12:15 PM (45 MIN)

MEMBERS | \$75 PARTICIPANTS | \$115

HOMESCHOOL NINJA

AGES 5-12

Jump, roll, and climb! Our Ninja program is a great way for kids to build strength and balance while having fun! Our ninjas will work their way through various obstacles.

WINTER 2 | TUESDAYS
11:00-11:45 AM

MEMBERS | \$65 PARTICIPANTS | \$105

Check out Strength Training for Teen Athletes on page 9!



SWIM LESSON LEVELS

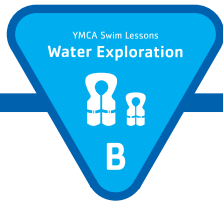
SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



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

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



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 in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

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.



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 / 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.

WINTER 2 SWIM LESSONS	MON	TUES	WED	THUR	SAT	CLASS LENGTH	MEM.	PART.
A / WATER DISCOVERY	4:45PM	9:30AM	4:45PM		9:50AM	30 MIN	\$60	\$85
B / WATER EXPLORATION	4:45PM		4:45PM	9:30AM	10:25AM	30 MIN	\$60	\$85
1 / WATER ACCLIMATION	5:45PM	10:15AM 4:45PM 5:45PM	5:45PM	10:15AM 4:45PM 5:45PM	11:00AM	30 MIN	\$75	\$115
2 / WATER MOVEMENT	5:45PM	11:00AM 4:45PM 5:45PM	5:45PM	11:00AM 4:45PM 5:45PM	11:00AM	30 MIN	\$75	\$115
3 / WATER STAMINA	5:30PM	11:45AM 5:30PM	5:30PM	11:45AM 5:30PM	10:45AM 11:45AM	45 MIN	\$75	\$115
4 / STROKE INTRODUCTION	6:30PM	10:45AM 6:30PM	6:30PM	6:30PM	10:45AM 11:45AM	45 MIN	\$75	\$115
5 / STROKE DEVELOPMENT	6:30PM	11:45AM 6:30PM	6:30PM	6:30PM	11:45AM	45 MIN	\$75	\$115
6 / STROKE MECHANICS	6:30PM	11:45AM 6:30PM	6:30PM	6:30PM	11:45AM	45 MIN	\$75	\$115
ADULT (16+ YRS)			4:45PM		9:45AM	45 MIN	\$75	\$115



AMERICAN RED CROSS LIFEGUARD TRAINING CLASS

Prerequisites: students must be at least 15 years old, able to swim 150 yards, immediately followed by 2 minutes of treading water with only our legs, immediately followed by a 50 yard swim. Swim strokes must be front crawl or breast stroke. 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 PRO RESCUER (2-YEAR CERTIFICATION)

Participants **MUST** attend ALL DAYS to pass.

APR 25 | 4:00 PM-8:00 PM
APR 26 | 8:00 AM - 8:00 PM
APR 27 | 8:00 AM - 8:00 PM

MAY 16 | 4:00 PM-8:00 PM
MAY 17 | 8:00 AM - 8:00 PM
MAY 18 | 8:00 AM - 8:00 PM

MEMBERS | \$200 PARTICIPANTS | \$240

Unable to attend these Lifeguard classes?
Contact Ali Weber, Aquatics Director at ali.weber@tcfymca.org for other Lifeguard class dates.

Diabetes Prevention Program®

In partnership with the Muskegon YMCA, we are one of more than 200 Y's across the country helping thousands of people reduce their risk of developing Type 2 Diabetes. This nationally recognized, small-group program helps people with pre-diabetes to eat healthier, increase their physical activity and lose weight to delay or prevent Type 2 Diabetes. This program is on-going. Please contact Brandy Fisher at brandy.fisher@tcfymca.org for more information.

Blood Pressure Self-Monitoring Program®

The YMCA's Blood Pressure Self-Monitoring Program supports adults with hypertension in lowering and managing their blood pressure. The four-month program focuses on practicing home self-monitoring of blood pressure readings, monthly office consultations, and monthly nutritional seminars with the support of a trained Heart Healthy Ambassador (HHA). Please contact Health and Wellness Coordinator, Brandy Fisher for more information: brandy.fisher@tcfymca.org

MEMBERS AND PARTICIPANTS: \$25

LIFEGUARD RECERTIFICATION

Class participants must hold a current Red Cross Lifeguard Certification to participate in this course.

MARCH 15 | 8:00 AM - 6:30 PM

MEMBERS | \$105 PARTICIPANTS | \$145

ADULT & PEDIATRIC FIRST AID/CPR/AED

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.

MAR 1 | 9:00 AM - 1:00 PM
MAR 10 | 5:00 PM - 9:00 PM
APR 21 | 5:00 PM - 9:00 PM
MAY 3 | 9:00 AM - 1:00 PM
MAY 12 | 5:00 PM - 9:00 PM

MEMBERS | \$70 PARTICIPANTS | \$90

AMERICAN RED CROSS 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 a Pediatric First Aid/CPR 2-year certification. **This is a two-day course.** Please bring a lunch, snacks, and water. **Pre-registration required.**

FEB 7-8 / MAR 7-8 / APR 18-19 / MAY 9-10
FRIDAY | 4:30-7:30 PM
SATURDAY | 8:00 AM - 3:00 PM

MEMBERS | \$130 PARTICIPANTS | \$170

WINTER 2
HEALTH & SAFETY

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 Personal 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.

Prepayment and 24-hour cancellation notice required.

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

Single 30-Minute Session
MEMBERS | \$30 PARTICIPANTS | \$50
Six 30-Minute Sessions
MEMBERS | \$170 PARTICIPANTS | \$230

Single 45-Minute Session
MEMBERS | \$40 PARTICIPANTS | \$65
Six 45-Minute Sessions
MEMBERS | \$200 PARTICIPANTS | \$240

Single 1-Hour Session
MEMBERS | \$50 PARTICIPANTS | \$75
Six 1-Hour Sessions
MEMBERS | \$240 PARTICIPANTS | \$290

SMALL GROUP TRAINING

Would you like to train with a family member or friend(s)? With Small Group Training, participants get the same benefits of having a Personal Trainer, but gain the accountability of a group. You can split the cost of a training session with up to 5 people and work on your goals together with the guidance of one of our certified Personal Trainers. SESSIONS ARE 1-HOUR.

SINGLE SESSION | \$50* SIX SESSIONS | \$250*
*NONMEMBERS PAY \$15 DAY PASS FEE + GROUP TRAINING FEE

EQUIPMENT ORIENTATIONS

Every member is given the opportunity to go through a **FREE** one-time orientation. Equipment orientations will help you learn proper weightlifting technique and how to use the cardio equipment. Orientations last about 45 minutes. Appointment times and availability vary. Sign up at the Welcome Center.

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. View the schedule at www.tcfymca.org

MEMBERS | FREE PARTICIPANTS | \$15 DAY PASS
*Access to the Y for the whole day.

GROUP FITNESS CLASSES	
STRENGTH & CARDIO <ul style="list-style-type: none"> • Body Basics • Barre Fusion • Cardio Drumming • Family Fitness • Fitness for Life • Forever Fit • H.I.I.T. and Tabata • Kickboxing • Pilates Fusion • Step Aerobics • Surge Strength® • Total Body Strength • Water Works 	YOGA <ul style="list-style-type: none"> • Chair Yoga • Gentle Yoga • Hatha Yoga • Vinyasa Yoga • Yoga Flow
INDOOR CYCLING <ul style="list-style-type: none"> • Spin® & Sculpt • Spin® 	DANCE <ul style="list-style-type: none"> • Zumba® • UJam®

HEALTH COACHING

We offer individual Health Coaching sessions to help you find MOTIVATION, SUPPORT, and SUCCESS in reaching your health and wellness goals. Participants will meet one-on-one with Kelly Ufnal, Certified Health Coach and Registered Cardiology Nurse. **Your sessions will be tailored to your personal health and wellness journey.**

Six 1-Hour Sessions
MEMBERS | \$230 PARTICIPANTS | \$290

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 certified fitness staff. Sign up at the Welcome Center.

MEMBERS* | \$15 FOR 1 TEST OR \$25 FOR 2 TESTS
PARTICIPANTS | \$30 FOR 1 TEST
*New MEMBERS receive one complimentary test within the first three months of membership.

YFIT FUNCTIONAL FITNESS

Join YFIT Functional Fitness! Join NASM Certified Personal Trainer, Lindsay Rycenga, for small group functional fitness sessions. Sessions will be personalized, with a focus on each individual's proper form, functional movements, mobility, and strength. Participants will workout together in the Functional Fitness area of the Weight Room.

WINTER 2 MEMBERS | \$155 (Limited Space, Exclusive to Members)

**WEDNESDAY/FRIDAY
5:45 - 6:30 AM**

**TUESDAY/THURSDAY
10:30 - 11:15 AM**

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 further information is available at the Welcome Center.**

**MON/TUES/THUR | 10:30 - 11:15 AM
MEMBERS AND PARTICIPANTS: FREE**

TAI CHI

Tai Chi, also known as "shadowboxing", is a Chinese martial arts practice. The practice is equal parts exercise, stretching, and mindfulness. Tai Chi is a great way to alleviate stress and anxiety, while strengthening your body and mind.

Our Tai Chi instructor, Matt Nixon, has been practicing Tai Chi for over 12 years. He is a member of the Yang Family Tai Chi Association and holds the rank of Golden Eagle.

**WINTER 2 | MONDAYS
BEGINNER: 6:30 PM ADVANCED: 7:30 PM**

MEMBERS | \$50 PARTICIPANTS | \$90

MONTHLY MEMBER FITNESS CHALLENGES

Keep an eye out for member-exclusive Monthly Fitness Challenges! These challenges are a great way to connect with other members as you work towards a health and wellness goal each month. All of our challenges are self-tracked and recorded on a board near the Welcome Center. Finisher prizes included!

MEMBERS | \$10

MARCH IRONMAN CHALLENGE

26.2 MILE RUN • 112 MILE BIKE • 2.4 MILE SWIM

Complete a full Ironman during the month of March! Members will track their miles and progress during the month as they work towards their goal. Participants will receive support from other members, as well as from Y staff! Participant t-shirt included!

MARCH 1 - MARCH 31

MEMBERS ONLY | \$30



DROP-IN PICKLEBALL

Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Teams of 2 or 4 players use solid paddles to hit a ball over a modified tennis net. All ages and abilities can enjoy this fast-growing sport!

MON	TUES	WED	THUR	FRI	SAT	SUN
8-11 AM* 1:15-3:15 PM	1:15-3:15 PM	8-11 AM*	1:15-3:15 PM	1:15-3:15 PM	8-11:00 AM* (UNTIL FEB 1)	8-11:00 AM*

MEMBERS | FREE PARTICIPANTS | \$5 or *\$10

ADVANCED PICKLEBALL CLINICS WITH A PRO

Come advance your skills once a month with small group clinics and instruction from our local Professional Jaron Faltinowski. **Limited spots. Pre-registration is required.**

Keep an eye out for dates!

MEMBERS | \$40 PARTICIPANTS | \$80

DROP-IN FUTSAL

Futsal is a fast-paced game, similar to indoor soccer. The sport is played on a smaller, hard court. All abilities are welcome!

MON / WED / FRI | 12:00-1:00 PM

MEMBERS | FREE PARTICIPANTS | \$5

DROP-IN BASKETBALL

Drop-in and join a game of pick-up basketball! Or, practice your shots on your own.

SUN | 12:00-2:00 PM

MEMBERS | FREE PARTICIPANTS | \$5

DROP-IN VOLLEYBALL

Grab some friends or stop by on your own to practice your volleyball skills! Nets will be set up and drop-in games are encouraged!

WED | 7:00-9:00 PM

MEMBERS | FREE PARTICIPANTS | \$5

