



WHERE IT ALL BEGINS

Tri-Cities Family YMCA
2024 Winter Program Guide



WELCOME

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

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-1:00PM



LEADERSHIP STAFF

Gregory Coil, CEO
greg.coil@tcfymca.org

Meredith Long, Director of Operations
meredith.long@tcfymca.org

Ashley Briscoe, Administrative Assistant
ashley.briscoe@tcfymca.org

Elizabeth Dahlstrom, Facilities Manager
elizabeth.dahlstrom@tcfymca.org

Brandy Fisher, Health & Wellness Coordinator
brandy.fisher@tcfymca.org

Melissa Freel, Gymnastics Coordinator
melissa.freel@tcfymca.org

Kelly Haracourt, Admin. Support, Marketing & Special Event Coordinator
kelly.haracourt@tcfymca.org

Jentry Karpin, Youth & Adult Sports Program Coordinator
jentry.karpin@tcfymca.org

Sally Kulikamp, Business Office & HR Manager
sally.kulikamp@tcfymca.org

Celia Parker, Early Childhood Program Assistant
celia.parker@tcfymca.org

Kelly Ruffing, Marketing & Fund Development Manager
kelly.ruffing@tcfymca.org

Alison Weber, Aquatics Director
ali.weber@tcfymca.org

Kimber White, Childcare Services Coordinator
kimber.white@tcfymca.org

Tracy Whitehead, Welcome Center Coordinator
tracy.whitehead@tcfymca.org

BOARD OF DIRECTORS

Chris Streng, CVO

George Kruggel

Jeff Beswick, Vice CVO

Daniel Martin

David Redeker, Secretary

Mary Middleton

Kathryn Alguire

Susan Petrus

Tammy Basil

Kirsten Runschke

Kathy Humphrey

Kyle Snell

Scott Grimes

Michelle Vink

Gerald Witherell, Jr.

SESSIONS + REGISTRATION

WINTER 1 | JAN 8 – FEB 25
MEMBERS: DEC 18
PARTICIPANTS: DEC 20

WINTER 2 | FEB 26 – APR 21*
MEMBERS: FEB 5
PARTICIPANTS: FEB 7
*NO PROGRAMMING MAR 31-APR 5

MEMBERSHIP TYPES

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.

- 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
- AND, MORE!

MEMBERSHIP

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



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.

Our Licensed Professional Counselor, Andrea, is on-site every Thursday and Friday (click [HERE](#) for schedule). 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.

6:00-7:30 PM

DEC 13 / JAN 15 / FEB 7 / MAR 11 / APR 17 / MAY 13

Register at www.tcfymca.org.

MENTAL HEALTH MATTERS

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

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 to help make these events a success. Please contact Brandy Fisher, Health & Wellness Coordinator, to sign up to be a volunteer at brandy.fisher@tcfymca.org. **DONOR REGISTRATION:** www.redcross.org

JAN 26 / FEB 23 / MAR 22 / APR 19
9:00 AM – 3:00 PM

COMMUNITY OPEN HOUSE
TRY THE Y FOR FREE!

SATURDAY, JANUARY 20, 2024
10:00 AM – 2:00 PM

MACROS CHALLENGE

Get your nutrition on track with our Macros Challenge! You will receive support and guidance on how to calculate and track your macronutrients: fat, protein, and carbohydrates. Tracking your macros can help you meet your health and fitness goals! The Challenge will begin and end with a Body Composition Test, so you can see your progress over 10 weeks or however long you decide to do the Challenge.

JOIN ANYTIME!

MEMBERS | \$10/WEEK FOR 10 WEEKS OR FOR DURATION OF THE CHALLENGE (JOIN AT ANY TIME!)

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

NEW & EXCITING

INDOOR TRIATHLON
SWIM • BIKE • RUN

Challenge yourself in this multi-sport event! Open to all levels of fitness and abilities.

Athletes will be started in waves every 20 minutes. Participants will have 15 minutes on each leg of the race (swim, bike, run) to accumulate as much yardage as possible. There will be 5 minute transition periods between each leg. * T-shirt included *

SUNDAY, FEBRUARY 18 | 8AM, FIRST WAVE STARTS

MEMBERS | \$30 PARTICIPANTS | \$50

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! * T-shirt included *

MARCH 1 – MARCH 31

MEMBERS ONLY | \$30

NUTRITION SESSIONS

COOKING FOR 1 OR 2
Join Erica Phelps, RD, to learn simple meal planning strategies, easy cooking techniques, and grocery shopping tips. Participants will do taste testing and leave with recipes!

JANUARY 17 at 12:00 PM

MEMBERS | \$10 PARTICIPANTS | \$20

NUTRITION FOR ATHLETES
Join Erica Phelps, RD, for an overview of day to day nutritional needs and how these might change when training for distance events. Hydration and supplementation strategies will also be reviewed along with tips to help you make the right choices for your performance goals.

FEBRUARY 13 at 6:30 PM
FEBRUARY 23 at 12:00 PM

MEMBERS | \$10 PARTICIPANTS | \$20

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 TO ALL AGES WHEN THERE IS NO SCHOOL, EXCLUDING SNOW DAYS, AT GHAPS.

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

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



HEALTHY KIDS DAY

Saturday, April 20, 2024

Stay tuned for more details!

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.**

5:00-8:00 PM
JAN 5 / FEB 2 / MAR 1
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.**

5:00-8:00 PM
JAN 19 / FEB 16 / MAR 15 / APR 19

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

FAMILY OR PARENT/CHILD MEMBERSHIP | \$20
ALL OTHER MEMBERSHIPS OR PARTICIPANTS | \$30

BIRTHDAY PARTIES

Give your child the best birthday ever! The Y offers various themed party options, including Jungle Gym, Ninja, Gymnastics, and Sports.

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

MEMBERS | \$200
PARTICIPANTS | \$230

2024 SUMMER CAMP
SAVE THE DATES

SUMMER CAMP GUIDE DROPS ON JANUARY 20

SUMMER CAMP REGISTRATION DATES:
MEMBERS | FEBRUARY 5
PARTICIPANTS | FEBRUARY 7

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 Parker, Early Childhood Assistant Director at celia.parker@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)**

*Fees are based on days of care during same calendar week. *Children must be potty trained to enroll in this program.*



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 1&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 1&2	4:00-7:00PM	CLOSED	9:00AM-12:00PM	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 Parker, Early Childhood Assistant Director** at celia.parker@tcfymca.org to schedule a tour and meet our teachers!

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	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
MORNING PRE-K	M-TH	9:00 AM-12:00 PM
AFTERNOON PRE-K/GSRP* <small>*Great Start Readiness Program</small>	M-TH	12:30-3:30 PM
YOUNG 5'S	M-F	12:15-3:15 PM

Click [HERE](#) for our 2024-2025 Class Offerings.

OPEN HOUSE | JANUARY 20, 10 AM-12 PM
Join us for an Open House, where you can tour our classrooms, meet our teachers, and have a chance to ask questions. Children are welcome to attend.

REGISTRATION | FEBRUARY 5-7
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. Questions? Contact [Kelly Haracourt](#).

Current Learning Tree Families | FEB 5
Tri-Cities Family YMCA Members | FEB 6
Community/Participants | FEB 7



LEARNING TREE PRESCHOOL



PRE-REGISTRATION FORMS | DUE FEBRUARY 1
Please click on the appropriate link below to access registration forms for each class.

[Twos Class](#)

[2/3's Class](#)

[2-Day Threes Class](#)

[3-Day Threes Class](#)

[3/4's Class](#)

[AM Pre-K Class](#)

[PM Pre-K/GSRP Class](#)

[Young Fives Class](#)

Questions? Please contact Kelly Haracourt at kelly.haracourt@tcfymca.org.

WINTER 1 & 2 YOUTH SPORTS								
	AGE	MON	TUES	WED	FRI	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
CO-ED HIP HOP	9-13 YRS			5:30 PM		45 MIN	\$60	\$100
NEW! INTRO TO WATER POLO (WINTER 1 ONLY) <small>Join us for this non-contact game of "keep away", where you score by moving the ball down the pool. Participants should be comfortable in the water. Flotation devices will be available.</small>	9-13 YRS				4:30 PM	45 MIN	\$70	\$110

WINTER 1 & 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 11:00 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 BASICS	6 + YRS				6:30 PM	45 MIN	\$65	\$105
NINJA JR.	6-8 YRS	5:30 PM		5:30 PM 6:30 PM	5:30 PM	45 MIN	\$65	\$105
NINJA INTERMEDIATE (COACH RECOMMENDATION)	6+ YRS	6:30 PM				45 MIN	\$65	\$105
NINJA ADVANCED (INVITATION ONLY)	6 + YRS	7:30 PM				1 HR	\$80	\$120

DROP-IN FOR FUN

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 1 & 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			6:30 PM	45 MIN	\$70	\$110

7

HEALTHY YOUTH

WINTER 1 & 2 PRESCHOOL GYMNASTICS								
	AGE	MON	TUES	WED	FRI	CLASS LENGTH	MEM.	PART.
PRESCHOOL 2'S	2-3 YRS	4:30 PM		4:30 PM	9:30 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 1 & 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	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.

8

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+.**

YOUTH AGES	POOL	GYM	CARDIO THEATER	NON-EQUIPMENT FITNESS CLASSES	ALL FITNESS CLASSES, EXCEPT SPIN	SELECT WEIGHT EQUIPMENT	FULL USE OF FACILITY AND PROGRAMS
3 MON-9 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							✓

All youth using the Y independently will be expected to demonstrate our core values: caring, honesty, respect, and responsibility.

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.**

8:00 AM – 3:00 PM
JAN 4 / APR 13

MEMBERS | \$110 PARTICIPANTS | \$140



TEEN WEIGHTLIFTING

AGES 13-16

Join Certified Personal Trainer, Traver Johnson, in the weight room to learn how to properly strength train. In a small group setting, teens will be taught the basic lifts, machines, free weights and barbells, proper form, how to spot, and weight room etiquette. Limited space! 5 participants/class.

WINTER 1 & 2 | WEDNESDAYS
5:30 PM (50 MIN CLASSES)

MEMBERS ONLY | \$100

7TH GRADE INITIATIVE

The 7th Grade Initiative is a Y-USA National Program and provides a **FREE** Membership during the school year with no monthly fees! Youth 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. \$5 for each additional lost key tag.
3. Complete forms, schedule an orientation and have fun!

HEALTHY YOUTH

AMERICAN RED CROSS
LIFEGUARD TRAINING CLASS

Prerequisites: students must be at least 15 years old, able to swim 300 yards continuously, tread water for 2 minutes (legs only), surface dive to a 10 foot depth and carry a 10 pound weight 20 yards. 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 THREE DAYS to pass.

FEBRUARY 23 | 4:00 PM – 8:00 PM
FEBRUARY 24 | 9:00 AM – 6:30 PM
FEBRUARY 25 | 9:00 AM – 6:30 PM

APRIL 26 | 4:00 PM – 8:00 PM
APRIL 27 | 9:00 AM – 6:30 PM
APRIL 28 | 9:00 AM – 6:30 PM

MEMBERS | \$185 PARTICIPANTS | \$210

Can’t attend on the dates listed? Contact Ali Weber, Aquatics Director at ali.weber@tcfymca.org for May and June classes.

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.

JANUARY 6 | 9:00 AM – 1:00 PM
FEBRUARY 3 | 9:00 AM – 1:00 PM
FEBRUARY 20 | 5:00 – 9:00 PM
MARCH 2 | 9:00 AM – 1:00 PM
APRIL 6 | 9:00 AM – 1:00 PM
ARPIL 9 | 5:00 – 9:00 PM

MEMBERS | \$70 PARTICIPANTS | \$90

LIFEGUARD RECERTIFICATION

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

MARCH 23 | 8:00 AM – 6:30 PM

MEMBERS | \$105 PARTICIPANTS | \$130



AQUATICS & SAFETY

WINTER 1 & 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 11:45AM	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	10:45AM 6:30PM	10:45AM 11:45AM	45 MIN	\$75	\$115
5 / STROKE DEVELOPMENT	6:30PM	11:45AM 6:30PM	6:30PM	11:45AM 6:30PM	11:45AM	45 MIN	\$75	\$115
6 / STROKE MECHANICS	6:30PM	11:45AM 6:30PM	6:30PM	11:45AM 6:30PM	11:45AM	45 MIN	\$75	\$115
ADULT (16+ YRS)			4:45PM		9:45AM	45 MIN	\$75	\$115

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Whether you or your child are interested in getting comfortable in the water for the first time, want to improve form or swim faster, we can develop a program to suit your needs. Private lessons are perfect for those who prefer one-on-one instruction. An instructor will work with you or your child to determine the best path to help achieve your personal goals. Please contact Ali Weber at ali.weber@tcfymca.org or 616-842-7051 ext 239.

Four 30 Minute Sessions
MEMBERS | \$115 PARTICIPANTS | \$180

Eight 30 Minute Sessions
MEMBERS | \$225 PARTICIPANTS | \$350

We also offer Semi-Private lessons for those that are interested in having 2-3 family members in one class.

Four 30 Minute Sessions
MEMBERS | \$75/child PARTICIPANTS | \$140/child

Eight 30 Minute Sessions
MEMBERS | \$145/child PARTICIPANTS | \$270/child

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 1 and Winter 2 program dates.

Group 1 (Levels 2-4): Wednesdays 11:15 AM – 12:00 PM
Group 2 (Levels 4-6): Wednesdays 12:15 – 1:00 PM

MEMBERS | \$75 PARTICIPANTS | \$115



SWIM LESSONS

SWIM LESSON LEVELS

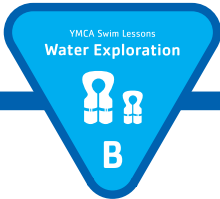
SWIM STARTERS

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.



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.



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.

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.

QUESTIONS? Contact Ali Weber, Aquatics Director at ali.weber@tcfymca.org

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 1-Hour 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

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	YOGA
<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• Total Body Strength• Water Works	<ul style="list-style-type: none">• Chair Yoga• Gentle Yoga• Hatha Yoga• Vinyasa Yoga• Yoga Flow
INDOOR CYCLING	DANCE
<ul style="list-style-type: none">• Spin® & Sculpt• Spin®	<ul style="list-style-type: none">• Zumba®

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

HEALTHY ADULTS

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.

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.

ADULT 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 1 & 2: MON
BEGINNER 6:30 PM
ADVANCED 7:30 PM

MEMBERS | \$55 PARTICIPANTS | \$95

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

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. Please contact Brandy Fisher at brandy.fisher@tcfymca.org.

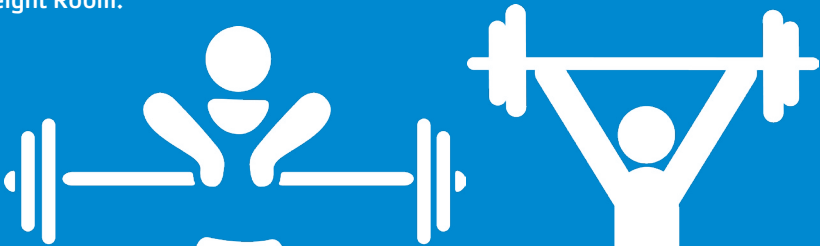
MON / TUES / THUR | 10:30 – 11:15 AM

MEMBERS AND PARTICIPANTS: FREE

YFIT – FUNCTIONAL FITNESS

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

WINTER 1 & 2 | WEDNESDAYS and FRIDAYS
5:45 AM – 6:30 AM
MEMBERS | \$155 (Limited Space, Exclusive to Members)



Y Synergy Groups: The combined power of a group of people working together towards health and wellness goals at the Y!

The Y member family is made up of people of all ages, stages, abilities, and interests. Various groups of people with shared goals and interests have organically formed here at the Y. In an effort to support and create even more meaningful connections, we are highlighting some of these groups. If one of these Y SYNERGY Groups is of interest to you or if you'd like to start your own Y SYNERGY Group, please contact Brandy Fisher at brandy.fisher@tcfymca.org to get connected.



Y Synergy Groups: The combined power of a group of people working together towards health and wellness goals at the Y!



Joe & Craig | Morning Weightlifting & Thursday Drop-In Basketball

Joe and Craig never miss a morning of weightlifting! They enjoy sharing exercise ideas and strategies with others and can often be found recruiting someone new to workout with them. Joe also has taken a lead in supporting Thursday evening Drop-In Basketball. Join him and other players of all levels for a game of pick-up ball!



Moms Club | Fitness Accountability

When the kids are in school, these moms and friends are in the gym! They hold each other accountable, cheer one another on, and aren't afraid to try something new. Join them for a Group Fitness Class, a "walk and talk" on the treadmill, or lifting in the Weight Room.



Brad & Michael | Functional Fitness

Join Brad and Michael in the Weight Room and experience how fun building strength and endurance can be! They have a passion for functional fitness, using barbells, weight and resistance machines, body weight, and calisthenics. You can find them in the Weight Room mid to late mornings.



Kelly Ruffing & Friends | Triathlon Training

Are you thinking about training for a triathlon or currently training? Our Y Tri-Club is a great resource for new and seasoned triathletes. Find support, training partners, and knowledge to help you get to the start line and reach the finish line!

WINTER ADULT LEAGUES	AGE	MON	SUN	TEAM FEE
INNER TUBE WATER POLO A fun version of Water Polo, with participants floating in inner tubes while they play. 7 vs. 7 game play. 6 WEEKS: JAN 21-MAR 3 + TOURNAMENT	18+		1:00 PM	\$250
COED VOLLEYBALL Indoor volleyball, 6 vs. 6 game play with three females and three males. 10 WEEKS: JAN 15-MAR 18	18+	7:00 PM		\$350



PICKLEBALL COURT RENTALS

Rent a Pickleball Court at the Y! Rentals include one Pickleball Court with net. The remaining half of the West Gym will be reserved for Open Gym. 2 hour rentals available on the following days/times:

TUES / THUR / FRI | 8:00-10:00 AM
TUES / THURS | 10:00 AM-12:00 PM

MEMBERS ONLY | \$40 (IF PARTICIPANT IS JOINING A GROUP OF MEMBERS, THEY PAY \$15 DAY PASS FEE)

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.**

FRIDAYS | 5:00-7:00 PM

DEC 15 / JAN 19 / FEB 16 / MAR 15

FUN FOR EVERYONE! Pickleball Clinics are on the same dates as Popcorn & Movie Nights. Drop the kids off for Popcorn & Movie Night while you take a Pickleball Clinic.

MEMBERS | \$30 **PARTICIPANTS | \$60**

DROP-IN SPORTS

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 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 1-3 PM	1-3 PM	8-11 AM	1-3 PM	1-3 PM	8-11:30 AM (UNTIL 1/27)	8-11:30 AM

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

DROP-IN BASKETBALL

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

WED | 5:30-7:30 PM (UNTIL JAN 25)

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 (UNTIL JAN 24)

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

HEALTHY ADULTS

TOGETHER WE CAN REACH OUR GOAL!

The Tri-Cities Family YMCA provides over \$500,000 in assistance to ensure kids and adults have access to the best camps, preschool, childcare, sports, and wellness programs available.

Give to the Annual Campaign for a healthier community!

Donate [online](#) or visit the Welcome Center.



“The Y is more than come in, do a workout and walk out. It’s come in and find your people.”

ANOTHER STRONG YEAR

YOUTH DEVELOPMENT

We provided more than **3,600** lessons, classes and league opportunities to area kids. Generous donor support ensured that no child was turned away for an inability to pay.

968 kids stayed unplugged and active by attending our summer camps.

1,856 children reduced their risk of drowning through swim lessons and water safety training.

143 children ages 2-5 prepared for kindergarten through our Learning Tree Preschool.

HEALTHY LIVING

10,000 community members participated in Y programs and services.

413 senior members stayed active, reduced isolation and improved long-term health by working out and participating in 18 classes per week specifically designed to improve functional aging.

Through a partnership with Ottawa County Community Mental Health, **25** memberships were made available to consumers seeking to improve their mental health by engaging in physical activity.

SOCIAL RESPONSIBILITY

21,811 free snacks and meals were provided to boost food security and address hunger.

\$500,000 in free and subsidized programming provided families and individuals with memberships, childcare, programs and early childhood education.

165 7th graders received free memberships to support the development of healthy habits at a critical age.