



BRINGING FAMILIES TOGETHER

2015 FALL PROGRAM GUIDE

FALL 1 SESSION: SEPT 14 - NOV 1 • FALL 2 SESSION: NOV 2 - DEC 20



TRI-CITIES FAMILY YMCA

HOURS OF OPERATION

BUILDING HOURS

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

2015 HOLIDAY SCHEDULE

New Year's Day: Jan 1 Closed
 Easter: April 5 Closed
 Memorial Day: May 25 Closed
 Independence Day: July 4 Closed
 Labor Day: Sept 7 Closed
 Thanksgiving: Nov 26
 Open 7:00 am - 11:00 am
 Christmas Eve: Dec 24
 Open 5:00 am - 1:00 pm
 Christmas: Dec 25 Closed
 New Year's Eve: Dec 31
 Open 5:00 am - 1:00 pm

INCLEMENT WEATHER POLICY

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

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

OUR MISSION

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

 616-842-7051

 WWW.TCFYMCA.ORG

 Tri-CitiesFamilyYMCA
TCFYMCA Health & Fitness

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



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

FOR OVER 50 YEARS...

The Tri-Cities Family YMCA has been committed to delivering programs that promote youth development, healthy living and social responsibility. As a non-profit community organization, we strive to make all of our YMCA programs and services affordable and accessible. We accomplish this through volunteers who raise money through our Annual Campaign. Our goal is to continue to meet the needs of those in the community, nurture the potential of every child and teen, improve community health and well-being and providing opportunities to give back and support our neighbors. We're here for you and your family. We're here for the community. We're here for good!

FOR YOUTH DEVELOPMENT:

We believe that all kids deserve the opportunity to discover who they are and what they can achieve.

FOR HEALTHY LIVING:

The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

FOR SOCIAL RESPONSIBILITY:

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



SPECIAL EVENTS

NEW! PARENTING WITH LOVE & LOGIC

Would you like to feel more confident as a parent or child care provider, have more fun parenting, and feel more relaxed at the end of the day? The Love & Logic Early Childhood Parenting Program is designed to give you practical skills that can be used immediately for raising confident, responsible children.



7 WEEK SERIES: SEPT 15 - OCT 27
Tuesday evenings 6:00 - 7:30 pm

FREE to the community! FREE childcare!

Registration required, space is limited.

HALLOWEEN COSTUME DRIVE NEW!

Kids grow up so FAST! Recycle your used Halloween costumes this fall and receive a \$3 discount voucher towards the purchase of another recycled costume. All are welcome to drop off and purchase!

DROP-OFF DATES:
October 1st - 15th

PURCHASE DATES:
October 20th - 23rd

COST: All costumes \$10,
\$7 with discount voucher.
One voucher per costume.

Sponsored by Learning Tree Preschool.



LEARNING TREE PRESCHOOL'S FALL FESTIVAL & CHILI COOK OFF NEW!

Come and join us for an evening of fall fun! Enter your famous chili in our family friendly Chili Cook Off for a chance to win bragging rights and a cash prize. Bob for apples, build your own scarecrow, have your face painted or race to the finish line in the gunny sack race. There is fun for the whole family!

Friday, November 6th, 6:00-8:00 PM

CHILI COOK OFF ENTRY FEE: \$10

MEMBERS & NONMEMBERS: \$5 per person
Children 2 and under **FREE**

\$1 food tickets available for purchase

PROCEEDS BENEFIT LEARNING TREE PRESCHOOL

HOLIDAY DROP-N-SHOP (3-10 YRS)

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

DEC 5 1:00 - 4:00 PM **MEMBERS: \$15 NONMEMBERS: \$20**
DEC 11 5:30 - 8:30 PM **MEMBERS: \$15 NONMEMBERS: \$20**
DEC 19 12:00 - 5:00 PM **MEMBERS: \$25 NONMEMBERS: \$30**

Sibling discount \$5 off. Pre-register by 6:00 PM on the day prior. All children must be potty trained.

WINTER BREAK FUN CAMP

Don't hibernate this winter break, get unplugged and enroll in our Y Winter Break Fun Camp instead! Winter camps are filled with fun indoor and outdoor activities where kids can play, make new friends, stay active and healthy! We offer full day and half day camp options. See our website for ALL the details.

REGISTRATION:

IN HOUSE @ THE WELCOME CENTER

BY PHONE @ 616-842-7051

ONLINE @ WWW.TCFYMCA.ORG

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

FALL 1
SEPT 14 - NOV 1, 2015

REGISTRATION DATES

MEMBERS: AUGUST 24

NONMEMBERS: AUGUST 26

FALL 2
NOV 2 - DEC 20, 2015

REGISTRATION DATES

MEMBERS: OCTOBER 12

NONMEMBERS: OCTOBER 14

FUN FRIDAY NIGHTS!

KIDS NIGHT OUT (3-12 YRS)

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

SEPT 11 - OCT 2 - NOV 6 - DEC 4

5:30 PM - 8:30 PM

MEMBERS: \$15 NONMEMBERS: \$20

Sibling Discount \$5 off

Registration required by Thursday prior.

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

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

OCT 23 / DEC 18 / FEB 19 / APR 29

9:30 PM - 7:30 AM

Cost: \$30 (MUST register by end of day on Thursday prior to lock-in)

POPCORN AND MOVIE NIGHTS

Third Friday of the month, October-December

Drop off the kids (ages 3-10) and enjoy an evening out! Your child will enjoy dinner, crafts, games, popcorn and a movie under the supervision of our dedicated and trained staff.

5:00 PM - 8:00 PM

MEMBERS: \$10 NONMEMBERS: \$15
ADDITIONAL CHILDREN: \$5

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

MOVIE LINEUP:

OCT Hotel Transylvania
NOV Home
DEC The Polar Express

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



WE PAY ATTENTION TO THE LITTLE THINGS

CHILDCARE PROGRAMS

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

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

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

AGE	MONDAY - THURSDAY	FRI	SAT	SUN	MEMBER FEE	NONMEMBER FEE
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	\$2 PER VISIT PER 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**. Your child has an adventure waiting for them on the rock wall, 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. Pay per visit or purchase an annual pass for \$30 per child. **All fees are non-refundable/transferrable and are paid at the Welcome Center.**

AGE	MONDAY - THURSDAY	FRI	SAT	SUN	MEMBER FEE	NONMEMBER FEE
3 YEARS TO 10 YEARS	9:00 AM - 11:30 AM 4:30 PM - 8:00 PM	9:00 AM - 11:30 AM 5:00 PM - 7:30 PM <i>NO EVENING HOURS 3RD FRIDAY OF EVERY MONTH OCTOBER - MAY</i>	8:30 AM - 3:30 PM <i>NO EVENING HOURS</i>	CLOSED	FREE WITH PARENT \$2 PER VISIT PER CHILD OR \$30 PER YEAR	\$4 PER VISIT PER CHILD \$2 FOR ADD'L CHILD SAME FAMILY

LICENSED CHILDCARE: PRESCHOOL AND SCHOOL AGE BEFORE & AFTER CHILDCARE

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

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

AGE	MONDAY - FRIDAY	DAILY FEES	WEEKLY FULL DAY FEES
3-12 YEARS	7:00 AM - 6:00 PM	UP TO 4 HOURS: MEMBERS: \$20 NONMEMBERS: \$25 OVER 4 HOURS: MEMBERS: \$30 NONMEMBERS: \$35	MEMBERS: \$140 NONMEMBERS: \$165

EAT WELL • LIVE HEALTHY

A FAMILY EDUCATION SERIES PROMOTING YOUTH DEVELOPMENT AND HEALTHY LIVING

NEW! Join us this fall on Fridays for an educational nutrition series designed to support families in our community. Erica Phelps, RD will be discussing healthy eating for the whole family and tips to keep even the fussiest eaters asking for seconds!



TOPIC	DATE	TIME
BREAKFAST ON THE GO!	SEPT 18	11:00-11:45 AM
SUPER "GO" SNACKS	SEPT 25	11:00-11:45 AM
LUNCHBOX 101	OCT 16	11:00-11:45 AM
HEALTHY KID FRIENDLY DINNERS	OCT 23	11:00-11:45 AM
THE PICKY EATER	OCT 30	11:00-11:45 AM

FREE to the entire community!

Registration required by Thursday prior.

JUNGLE GYM (WALKING - 6 YEARS W/CAREGIVER)

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

Mondays, Wednesdays, Thursdays

10:30 AM - 12:00 PM

MEMBERS: FREE

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



PARENT / TOT CLASSES	AGE	MON	TUES	WED	THURS	FRI	CLASS LENGTH	MEMBER COST	NON MEMBER COST
PEEK A BOO PANDA Your infant will build trust while increasing their motor skills in this beginning Gymnastics class.	6 MOS TO WALKING		11:30 AM				30 MIN	\$30	\$60
ROLLIE POLIE In this class your child will be introduced to basic tumbling movements- rolls, animal walks, balance and self-confidence.	WALKING TO 24 MOS	9:30 AM 6:30 PM		5:30 PM		10:30 AM	45 MIN	\$35	\$65
BUSY BEE You child will learn basic Gymnastics skills, while also working on sharing, taking turns, and following directions.	2 - 3 YEARS	5:30 PM	10:30 AM	6:30 PM	9:30 AM	11:30 AM	45 MIN	\$35	\$65
MUSIC & MOVEMENT Movement will be explored through music and large motor play. Props, parachute, bean bag, balls, and so much more will be used. This will be a fun environment for you and your child to enjoy together.	WALKING TO 24 MOS	10:30 AM					30 MIN	\$30	\$60
	2 - 3 YEARS		9:30 AM		10:30 AM		45 MIN	\$35	\$65
SPORTS SAMPLER You and your tot will enjoy exploring a variety of sports through active play and games.	WALKING TO 24 MOS		10:30 AM	9:30 AM	5:30 PM		30 MIN	\$30	\$60
SPORTS SAMPLER This is a transitional class that is perfect for the child who is not quite ready do class alone. Sports will be explored through games and partner play.	2 - 3 YEARS	4:30 PM		10:30 AM	6:30 PM	9:30 AM	45 MIN	\$35	\$65
DANCE GYMNASTICS COMBO Half of each class will focus on basic dance, while the other half will be on the gymnastics equipment working on rolls, jumping, balance and more.	2 - 3 YEARS				4:30 PM	10:30 AM	45 MIN	\$35	\$65

CLASS TIMES ARE THE SAME FOR FALL 1 AND FALL 2 SESSIONS

EVERYBODY PLAYS, EVERYBODY WINS

PRESCHOOL SPORTS	AGE	FALL 1	FALL 2	CLASS LENGTH	MEMBER COST	NONMEMBER COST
SPORTS SAMPLER Basketball, soccer, t-ball, golf, hockey, kickball, volleyball and gymnastics are just a few of the sports that we will be introduced. Fun games and basic skills will be taught.	3-5	MON 9:30 AM MON 5:30 PM TUES 6:30 PM THURS 10:30 AM	MON 9:30 AM MON 5:30 PM TUES 6:30 PM THURS 10:30 AM	45 MIN	\$35	\$65
SOCCER Basic skills and rules of the game will be taught through age appropriate games and drills.	3-5	TUES 9:30 AM WED 4:30 PM THURS 5:30 PM FRI 10:30 AM	TUES 9:30 AM WED 4:30 PM THURS 5:30 PM FRI 10:30 AM	45 MIN	\$35	\$65
BASKETBALL Dribbling, passing, and shooting will be taught through age appropriate games and drills.	3-5	TUES 10:30 AM WED 5:30 PM	TUES 10:30 AM	45 MIN	\$35	\$65
ACTIVE MOVEMENT Jumping, running, obstacle courses and relays. We will keep your child moving through several fun large motor activities.	3-5	MON 10:30 AM MON 6:30 PM THURS 4:30 PM FRI 9:30 AM		45 MIN	\$35	\$65

YOUTH SPORTS	AGE	FALL 1	FALL 2	CLASS LENGTH	MEMBER COST	NONMEMBER COST
SPORTS SAMPLER Encourage healthy habits and a positive attitude toward fitness through fun and physical sports play. Not quite sure what sport your child loves the most? This class allows kids to participate in a variety of sports that will help them in their decision of which sport they enjoy the most. Sports will include the basics of basketball, soccer, t-ball, hockey, golf, bowling, and gymnastics.	6-10	MON 4:30 PM	WED 5:30 PM	45 MIN	\$35	\$65
SOCCER CLINIC In this class we will introduce your child to the fundamentals of soccer using fun games and relays. Older age group will learn dribbling, trapping, passing, and shooting will be emphasized, as well as our core values, sportsmanship and teamwork.	6-10	THURS 4:30 PM	TUES 5:30 PM	45 MIN	\$35	\$65
OUTDOOR ADVENTURE NEW! Our outdoor instructors will lead your child in high adventure activities, such as hiking, rock climbing, archery, orienteering, and geocaching. Your child will experience the feeling of a real team as group members help support one another through various challenges.	6-10	TUES 5:30	WED 6:30	55 MIN	\$50	\$80
YOUTH BASKETBALL INSTRUCTIONAL CLINICS Improve your basketball skills and get ready for YBL! (K) Kindergarten (Dinky Dunkers) 1st - 2nd Grade (Rookies) 3rd - 6th Grade (Winners & Champions)	K	WED 5:30 PM	TUES 6:30 PM WED 5:30 PM	55 MIN	\$50	\$80
	1ST	THURS 6:30 PM	MON 6:30 PM	55 MIN	\$50	\$80
	2ND	THURS 6:30 PM	THURS 6:30 PM	55 MIN	\$50	\$80
	3RD THRU 6TH	THURS 5:30 PM	WED 6:30 PM THURS 5:30 PM	55 MIN	\$50	\$80

YOUTH BASKETBALL LEAGUE

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

Registration begins in October for this popular instructional league that will actually launch in January of 2016. Girls and boys in Young 5's through 6th grade will be divided into teams which will have one practice during the week and one game on the weekend. Games will be on Saturday's between 8 am - 8 pm with the possibility of an occasional Sunday afternoon game if numbers warrant it. YBL runs January-March.

EARLY REGISTRATION: OCT 12 - OCT 31
MEMBERS: \$60 NONMEMBERS: \$90

REGULAR REGISTRATION: NOV 1 - NOV 30
MEMBERS: \$70 NONMEMBERS: \$100

LATE REGISTRATION: DEC 1 - DEC 13
MEMBERS: \$80 NONMEMBERS: \$110

**** REGISTRATION ENDS DECEMBER 13TH ****

GRADE LEVEL DIVISIONS

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

YBL SPONSOR INFORMATION

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

YBL OFFICIALS

We are looking for high school aged or college aged students to help referee and teach the game of basketball to our youth. All officials must attend an officiating clinic, and must have knowledge of all the rules. Please email youthsports@tcfymca.org by **December 1st, 2015** if you are interested.

BASKETBALL SKILLS CLINIC

The best time to work on your game is before and after the season. This program offers skill development drills and the opportunity to apply them in different situations of play. Kids learn and play using interactive games & drills to improve their skills. See Youth Sports page 6 for dates and times.



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. Ages 6-12*

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

MEMBERS: \$50
NONMEMBERS: \$80

\$20 additional to take classes both nights

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



STRETCH YOUR LIMITS

PRESCHOOL GYMNASTICS							CLASS LENGTH	MEMBER COST	NON MEMBER COST
AGE	MON	TUES	WED	THURS	FRI				
WIGGLY WORMS This class is perfect for the new little gymnast. Skills on all 4 events will be introduced. We will teach basic skills such as jumps, and rolls, learn to swing and hang on the bar and balance on the beam.	3	4:30 PM	6:30 PM	9:30 AM 5:30 PM	9:30 AM 5:30 PM	10:30 AM	45 MIN	\$40	\$70
LEAPIN' LIZARDS Your child will learn the basics and become familiar with the equipment on all four events. Beginning floor skills they will learn include cartwheels, handstands and rolls. Skills on Beam, Bars and vault will also be introduced.	4	9:30 AM 5:30 PM	10:30 AM 4:30 PM	4:30 PM	6:30 PM	9:30 AM	45 MIN	\$40	\$70
KRAZY KANGAROOS This is a transitional class from the small equipment to the larger equipment. Forward rolls, backward rolls, cartwheels and handstands will be taught. We will also familiarize your child with the larger bars, beams and vault.	5	6:30 PM		4:30 PM	5:30 PM		55 MIN	\$50	\$80
FLIPPIN' FISH An intermediate preschool class for those who have 1 year previous gymnastics experience or have coach's recommendation. Cartwheels, Handstands, Pullovers & High Beam are the main focus.	4-5		5:30 PM		4:30 PM		45 MIN	\$40	\$70
TUMBLING TIGERS An advanced gymnastics class that will prepare our 5 year olds for the school age gymnastics program, which will include primarily the larger equipment. This class is more skill and technique oriented. Coach's recommendation required.	5	4:30 PM		6:30 PM			55 MIN	\$50	\$80

DANCE & CHEER							CLASS LENGTH	MEMBER COST	NON MEMBER COST
AGE	MON	TUES	WED	THURS	FRI				
DANCE / GYMNASTICS We will spend half of the class practicing movement, balance and basic dance steps through music. The other half of the class will be spent on our gymnastics equipment. Your child will learn the beginning skills on floor, bars, beam and vault.	3-5			9:30 AM			45 MIN	\$40	\$70
PEE WEE POMS You child will learn the basics of cheer. Children will learn jumps, arm movements, cheers, chants and routines.	4-6	4:30 PM					55 MIN	\$50	\$80

CLASS TIMES ARE THE SAME FOR FALL 1 & FALL 2 SESSIONS



SCHOOL AGE GIRLS GYMNASTICS							CLASS LENGTH	MEMBER COST	NON MEMBER COST
AGE	MON	TUES	WED	THURS					
BEGINNING GYMNASTICS 1 Designed for children who are at a beginner level. Children will work on Rolls, Cartwheels, Bridges and Handstands on floor. Bar work will consist of intro to Front Supports, Pullovers and Casts. Beam will work on basic balance skills. Vaulting includes running techniques and spring board approach with proper body shape and safety on all equipment.	6-15	4:30 PM 5:30 PM	6:30 PM	5:30 PM	4:30 PM 6:30 PM		55 MIN	\$50	\$80
BEGINNING GYMNASTICS 2 This class is for those who have completed Beginning 1 and have teacher approval. Children will build on all Beginning 1 skills, increasing skill difficulty on all equipment. Requirements: must be able to walk on the high beam without assistance, show proper form for their Cartwheels and Handstands, and hold chin-up pike hold.	6-15	6:30 PM	4:30 PM 5:30 PM	4:30 PM 6:30 PM	5:30 PM		55 MIN	\$50	\$80
INTERMEDIATE GYMNASTICS 1 Gymnasts must have completed Beginning 2 and teacher approval. Continued skill difficulty and flexibility will be worked on all events. Requirements Pullover and close to a Back hip circle on bars, Excellent Cartwheel, Handstand & Bwd. Pike Roll on floor, and Kneeling Cartwheel to Handstand Dismount on beam.	6-15	5:30 PM		5:30 PM	4:30 PM		55 MIN	\$50	\$80
INTERMEDIATE GYMNASTICS 2 Must have completed Intermediate 1 and have teacher approval. We will focus on correct form and perfecting and advancing our skills. Requirements: Backbend on the floor, Cartwheel Handstand Dismount on beam and Straddle Dismount or Back hip circle undershoot dismount on the bars.	6-15		6:30 PM		6:30 PM		55 MIN	\$50	\$80
ADVANCED GYMNASTICS 1 Must have completed Intermediate Gymnastics 2 and have teacher approval. This is our most advanced Rec class, which is designed to work on more complex skills and perfecting body positioning. Requirements: Back Walkover on the floor, working on Front Hip Circle on bars, and close to a Cartwheel or handstand on the beam.	6-15	6:30 PM					1.5 HRS	\$60	\$90

TUMBLING CLASSES							CLASS LENGTH	MEMBER COST	NON MEMBER COST
AGE	MON	TUES	WED	THURS					
BEGINNING We will focus on forward and backward rolls, Cartwheels and Handstands. We will focus on drills, strength building, safety and body positioning.	6-15	6:30 PM					55 MIN	\$50	\$80
INTERMEDIATE Building upon the basics we will work on Handstand Forward Rolls, Kickovers and more. Body strength and awareness are essential for the advancement of skills. Requirements: Backbend, and Handstand.	6-15		7:30 PM				55 MIN	\$50	\$80
ADVANCED We will work on skills, progressions and connections. Fine tuning our Roundoff and learning a back handspring will be our focus. But we will also work on Front Handsprings and flips. Requirements: Front or Back Walkover, Roundoff.	6-15				7:30 PM		55 MIN	\$50	\$80

CLASS TIMES ARE THE SAME FOR FALL 1 & FALL 2 SESSIONS

BOYS GYMNASTICS	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER COST	NON MEMBER COST
JUMPIN JAGUARS This class allows "boys to be boys" while getting familiar with gymnastics equipment. They will be taught the basics on all the equipment including the rings. They will run, roll, jump, and bounce.	4-5		9:30 AM 4:30 PM	5:30 PM		45 MIN	\$40	\$70
BEGINNING BOYS 1 Designed for boys who are at a beginner level. Beginner skills will be taught on Bars, Vault, Rings & Tumble Track.	6-12	5:30 PM	6:30 PM			55 MIN	\$50	\$80
BEGINNING BOYS 2 This class is for boys who have passed Beginning Boys 1. Boys will build on all Beginning 1 skills, increasing skill difficulty on all equipment. Requirements: show proper form for their Cart-wheels and Handstands, and hold chin-up pike hold.	6-12	6:30 PM		4:30 PM		55 MIN	\$50	\$80
INTERMEDIATE BOYS 1 Must have completed Beginning Boys 2. Continued skill difficulty and flexibility will be worked on all events. Requirements: Pullover, Excellent Cart-wheel & Handstand.	6-12	4:30 PM				55 MIN	\$50	\$80
ADVANCED BOYS 1 This class is designed for boys who have passed Intermediate Boys 1. Good form is a must! Round Offs, Back Handsprings, Front Handsprings, and Front Flips are some of the skills they will work on.	6-12		5:30 PM			55 MIN	\$50	\$80

CLASS TIMES ARE THE SAME FOR FALL 1 & FALL 2 SESSIONS

GYMNASTICS OPEN GYM (5 YEARS & UP)

Open Gym is an opportunity for students ages 5 and older to work on new skills, routines, or just to have some fun. Open Gym is a non-structured time in the gym. Instructors are present to ensure safety and spotting opportunities are available upon request-just ask a coach and they will help you!

SATURDAYS 12:30 - 2:00 PM

MEMBERS: \$5 NONMEMBERS: \$8

GYMNASTICS GIRLS LOCK IN (5 YEARS & UP)

Your best sleepover & the cheapest babysitter you will ever find! Your child will have a blast at our gymnastics lock-ins where every month has a different, exciting theme. We will enjoy theme based activities, games, pizza, snacks, movie and of course some open gym! Make sure to pack your sleeping bag so we can camp out on the gymnastics mats! Registration required by Thursday prior or \$10 late fee will be charged!

SEP 25 / OCT 23 / NOV 20 / DEC 18

7:30 PM - 7:30 AM

MEMBERS: \$25 NONMEMBERS: \$30

Sibling discount \$5 off

FALL OPEN HOUSE

GIRLS AND BOYS AGES 5+

Wednesday, September 2nd from 6:00 pm - 8:00 pm

We are opening up our doors to new and old friends. Come swing on the bars, bounce on the trampoline, test your balance on the beam and jump in our bounce house.

→ We will also be doing open evaluations for Team and program class placement. **BE PREPARED** to show us your best skills, meet some coaches and ask questions about our programs.

PRESCHOOL AGES WALKING - 5 YRS W/CAREGIVER

Thursday, September 10th from 10:30 am - 12:00 pm

Our Jungle Gym and bounce house will be open for the little ones. This will also be a great chance to meet some of our gymnastics coaches and find out more about our programs.

FREE PARENTS MUST ATTEND WITH KIDS. NO DROP-OFFS.

TRI-CITIES FAMILY YMCA GYMNASTICS

USAG & AAU Competitive Girls Gymnastics Team

FIVE REASONS TO JOIN OUR TEAM!

- 1 We want YOU!!** Everyone is welcome to join **TEAM**. We offer a fun and encouraging atmosphere and have classes for every skill level and age.
- 2** There are 3 **TEAM** options to meet your level of dedication. We offer a House Team, Fun Team and a Competitive Team.
- 3** The **TEAM** environment is motivating and will help you learn new skills, make forward progress and help you achieve your goals.
- 4** You will have opportunities to attend a variety of meets from our home YMCA Fun Meets to meets held at local gyms as well as huge arenas within the state. You may also choose to travel and attend regional and national meets!
- 5 THE YMCA TEAM** is just that, 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!



Our **TEAM** program runs year round and we recommend you join in the fall but we do offer the option to join during the year also. **PLEASE CALL SUZIE ELLER FOR TEAM EVALUATION AND PLACEMENT AT 616-842-7051 EXT.225.**



CONFIDENCE WITH EVERY STROKE

AQUATICS	MON	TUES	WED	THURS	SAT	CLASS LENGTH
PARENT CHILD SWIM LESSONS – AGES 6 MONTHS TO 3 1/2 YEARS						
SHRIMPS Get in the pool and enjoy a positive aquatic experience with your child using songs, games, basic skill building and water safety.	6:30 PM	9:30 AM	6:30 PM	9:30 AM	9:30 AM	30 MIN
PRESCHOOL SWIM LESSONS – AGES 3 1/2 THRU KINDERGARTEN						
PIKE Beginner lessons for children with little to no experience in the water. Float belts are used at the instructor's discretion.	5:00 PM	10:00 AM 5:00 PM		10:00 AM 5:00 PM	10:00 AM	45 MIN
PIKE PLUS Beginner lessons that learn the same skills as Pike. These children have little fear of the water, can jump in, put head underwater, and are eager to swim.	5:00 PM	10:00 AM 5:00 PM		10:00 AM 5:00 PM	10:00 AM	45 MIN
EEL Intermediate lessons for children who can swim at least 5 feet on their front and back consistently. Children work on flutter kicking, front and back glides, front crawl, and back crawl.	5:00 PM	10:45 AM 5:00 PM		10:45 AM 5:00 PM	10:00 AM	45 MIN
RAY Intermediate lessons for children who can swim the width of the pool. This class builds endurance, works on rhythmic breathing, deep end swimming, treading water, elementary backstroke, diving, and back crawl.	5:00 PM	10:45 AM 5:00 PM		10:45 AM 5:00 PM	10:00 AM	45 MIN
STARFISH Advanced lessons for children who can swim ¾ length of the pool. This class gives opportunity for comfort in deep water swimming, has a strong focus on rhythmic breathing and proper swim techniques.	5:00 PM	10:45 AM 5:00 PM		10:45 AM 5:00 PM	10:00 AM	45 MIN
PROGRESSIVE SWIM LESSONS – 1ST THRU 6TH GRADE						
POLLIWOG Beginner lessons for children who have little to no prior swim experience. This class offers water adjustment, floating, bobs, glides, front crawl, back crawl, and jumping in to the deep end.	5:45 PM	5:45 PM		5:45 PM	10:45 AM	45 MIN
GUPPY Intermediate lessons for children who can swim ½ length of the pool. This class works on floating, underwater swimming, front crawl, rhythmic breathing, back crawl, deep end swimming, and diving.	5:45 PM	5:45 PM		5:45 PM	10:45 AM	45 MIN
MINNOW Intermediate lessons for children who can swim the length of the pool. This class covers front and back crawl, sidestroke, elementary backstroke, breaststroke, treading water, diving, and deep water diving skills.	5:45 PM	5:45 PM		5:45 PM	10:45 AM	45 MIN
FISH Advanced lessons for children who can swim 2 lengths of the pool. Skills include breaststroke, freestyle, backstroke, dolphin kick, sidestroke, elementary backstroke, basic first aid, and implements a teamwork ethic in young swimmers.	5:45 PM	5:45 PM		5:45 PM	10:45 AM	45 MIN
FLYING FISH Advanced lessons for children who can swim 3 lengths of the pool. This class covers freestyle, backstroke, elementary backstroke, butterfly, and sidestroke. This class, also, covers personal growth/goal setting aspects.	5:45 PM	5:45 PM		5:45 PM	10:45 AM	45 MIN
SHARK This is our most advanced swim lesson offered here at the Y. This class gives children a chance to become stronger swimmers, perfecting all strokes and learning skills for competitive swimming. Children will, also, learn flip turns and basic lifesaving skills.	5:45 PM	5:45 PM		5:45 PM	10:45 AM	45 MIN
PARENT / CHILD LESSONS: MEMBERS: \$40 NONMEMBERS: \$60 PRESCHOOL & PROGRESSIVE LESSONS MEMBERS: \$50 NONMEMBERS: \$70						
CLASS TIMES ARE THE SAME FOR FALL 1 & FALL 2 SESSIONS						

ADULT SWIM LESSONS (AGES 15+)

BEGINNER: Little to no prior swim experience required. This class gives adults the chance to learn to float, tread water, swim basic front crawl and back crawl strokes. Adults are given an opportunity to gain some swimming skills and confidence in the water. Ages 15+

INTERMEDIATE: Some swim experience is required. Swimmers should be able to swim the length of the pool to sign up for this class. Add to the swimming skills you already have. Work on freestyle, backstroke, and breaststroke. Learn skills needed to swim laps and compete in triathlons.

Wednesday 10:30 – 11:15 AM
Wednesday 5:00 – 5:45 PM

MEMBERS: \$50
NONMEMBERS: \$70

FREESTYLE CLINIC (AGES 15+)

Swim experience required. Training for a triathlon? Want to swim with better form? This is the class for you! This class will focus on perfecting stroke and learning proper techniques for swimming Freestyle.

Wednesday 5:45 – 6:30 PM

MEMBERS: \$50
NONMEMBERS: \$70



HANGING OUT WITH A PURPOSE

7TH GRADE FREE MEMBERSHIP INITIATIVE

The 7th Grade Initiative is a Y-USA National Program and provides a **FREE** Membership from **SEPT 29 – MAY 29** 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. (registration begins August 24th)
2. One-time \$5 registration fee for key tag
3. Complete a couple quick forms, schedule an orientation and have fun!

AMERICAN RED CROSS BABYSITTER'S TRAINING

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

Saturday, October 17

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

MEMBERS: \$60
NONMEMBERS: \$85



ROCK CLIMBING

Climbing fosters participation, teamwork and communication. Climbing can bring out the very best in each participant. Challenges related to climbing open up avenues to building self-esteem and confidence. Our Y rock climbing wall will be a great opportunity for everyone to experience these benefits. There are classes offered for all ages as well as Open Climb.

BELAYING

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

OPEN CLIMB

A drop in climbing opportunity for all! Open Tuesday and Thursday evenings from 6 – 8 pm. Our wall does require a certified belayer to assist climbers. If our staff is needed there is a \$2 belay fee per evening (purchased at Welcome Center). Open rock wall hours may vary, see websites for updates. Adult supervision and participation is recommended for younger climbers.

MEMBERS: **FREE**
(Plus \$2 belay fee if needed)
NONMEMBERS: Pay daily guest pass fee

ROCK CLIMBING CLASSES	AGE	TIME	CLASS LENGTH
INCHWORMS This parent tot class focuses on communication skills, team building, goal setting and safety. Parents will become belay certified as a part of this course.	4-6 WITH PARENT	MON 6:15 PM	45 MIN
MT. ACHIEVEMORES Participants learn the basic movement and climbing techniques designed to challenge all. This progressive class is designed for a variety of climbing levels.	6-10	WED 6:15 PM	45 MIN
MOUNTAINEERS For those who have completed the Mt. Achievemore class, this class offers more advanced hand and foot placements and body movements. Participants will learn harness and belay set up, intro to knots, bouldering and safety skills. This class offers advanced technique lessons and route setting.	6-10	WED 7:15 PM	45 MIN
ROCK ON For those who would like to pursue becoming belayed certified. Participants will learn harness and belay set up, belay techniques, knots, bouldering, safety skills, and goal setting. This class offers advanced technique lessons and route setting.	11-17	MON 7:15 PM	1 HOUR

45 MIN CLASS: MEMBERS: \$35 NONMEMBERS: \$65
1 HOUR CLASS: MEMBERS: \$40 NONMEMBERS: \$70
CLASS TIMES ARE THE SAME FOR FALL 1 & FALL 2 SESSIONS

*For any rock climbing activity, participants **MUST** wear closed toes shoes and all **MUST** have a signed waiver on file (parent must sign for minors).*

TEEN ADVENTURE CENTER

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

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

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

Teen Center Hours:

Monday - Friday: 3:00 - 6:00 pm
Closed when GHAPS schools are closed.

MEMBERS: **FREE**
NONMEMBERS: **FREE**

OPEN HOUSE
September 8, 2015
3:00 - 6:00 PM
Check it out and get registered!

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

AGES 2 MONTHS – 9 YRS
Can use the pool, gym and Ace Place areas together with parental supervision. Closely supervise your child while in the facility, unless enrolled in a program, class or childcare.

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

AGE 12
Must complete an Equipment

Orientation with a parent/adult and pass the Teen Strength Training Test before being allowed inside the cardio and weight room. After the parent-child Equipment Orientation, can use the appropriate cardio and machine weights (with parental supervision). Can participate in non-equipment based fitness classes (with parental supervision).

AGES 13-15
Must complete an Equipment Orientation and pass the Teen

Strength Training Test before being allowed inside the cardio and weight room.

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

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

GROUP FITNESS CLASSES

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

POWERFLEX **YOGA STRETCH**
CORE FITNESS **YOGA**
HIGH INTENSITY INTERVAL TRAINING - HIIT
GENTLE YOGA **STRENGTH FUSION** **BODY**
CARDIO KICKBOXING **BASICS**
COMPLETE CORE **INDOOR CYCLING**
CARDIO INTERVAL **FITNESS YOGA**

CLASSES ARE **FREE** TO MEMBERS

NONMEMBERS may purchase a 7 week Fitness Session Pass for \$140

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

WWW.TCFYMCA.ORG/CALENDAR/GOOGLE

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 - 2:00 PM

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

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

ADULT SWIM LESSONS

See page 13 for program information.

ACTIVE OLDER ADULTS (AOA)

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

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

HEALTHY HEART

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

MEMBERS: **FREE**

NONMEMBERS: Punch card available for \$48 for 8 visits

Tues & Thurs 10:15 AM - 11:30 AM

BLOOD PRESSURE SCREENING

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

MEMBERS: **FREE**

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

PEDALING FOR PARKINSON'S

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

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

MEMBERS: **FREE**

NONMEMBERS: \$10 drop in fee per visit

TRI-CITIES FAMILY YMCA

CrossFit

There is Fit, then there is CrossFit!

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 \$55 per month, via bankdraft. Couples or families with multiple individuals wishing to participate, \$55 for the first individual, \$50 for each additional member.

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

CrossFit Personal Training

Members:
 One hour session \$46
 Six Sessions \$230



Our current class schedule can be found online at www.tcfymca.org

INVEST IN YOUR HEALTH



PERSONAL TRAINING

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

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

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

Pre-payment and 24 hour cancellation notice required.

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

MEMBERS:

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

NONMEMBERS:

Additional \$10 guest fee per visit



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



BODY COMPOSITION ANALYSIS

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

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

Retesting recommended after 3-4 months



Receive 2 FREE tests with our Jump Start Program (see page 19).

COMMUNITY IMPACT

As a nonprofit, the Tri-Cities Family YMCA's mission is to strengthen community. Each day, we work together along side our neighbors to make a meaningful impact on everyone who walks through our doors. It is thanks to our volunteers and generous donors who give to our Annual Campaign that we are able to transform lives in our community. Here are just a few examples of the Y's community impact this past year.



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

668

CHILDREN learned to swim and be safe around the water.



294



INDIVIDUALS & FAMILIES received membership & program assistance providing access to healthy living, youth programs & fitness facilities.

176



TEENS participated in after school programs that foster health & well-being practices.

800

YOUTH stayed active and healthy over the summer with Summer Camp.

BEST SUMMER EVER!

BE INVOLVED... VOLUNTEER

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

COUNTLESS WAYS TO VOLUNTEER:

- Help to raise funds for our Annual Campaign
- Coach our sports teams
- Participate in opportunities to give back and support neighbors
- Support our Annual Campaign with a gift
- Volunteer your time and expertise at a special event
- Sponsor a child to join a Youth Basketball League team
- Help a single working parent pay for after-school care
- Send a child to summer day camp for a week
- Support the Miss Mary Preschool Scholarship Fund
- Join our "Round-Up Club" and round up your monthly membership draft

The Y. For a better us.™

BIRTHDAY PARTIES

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

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

Visit our website for all the details or contact our special events person at 616-842-7051 ext. 225, or via email at Gymnastics@tcfymca.org

FIELD TRIPS

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

www.tcfymca.org



MEMBERSHIP AT THE Y DISCOVER HOW WE ARE SO MUCH MORE!

The Y is SO MUCH MORE than a gym - we're a welcoming place to connect and learn with others. A place to get an extra boost of encouragement and motivation to lead a healthier lifestyle. An environment for kids to grow and a supportive community in which to do so. When you join the Y, you will find what makes us SO MUCH MORE.

MEMBERSHIP BENEFITS

- FREE Kids' World Childcare
- FREE Group Fitness
- FREE Equipment Orientation
- FREE Jump Start Program
- FREE Open Rock Climbing
- FREE Towel Service
- Reduced Program Fees
- Crossfit
- 25 meter Pool
- Cardio Theater & Weight Room
- 2 Full Size Gymnasiums
- 2 Racquetball Courts

MEMBERSHIP TYPES

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

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

FINANCIAL ASSISTANCE

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

JUMP START YOUR HEALTH!

Our Jump Start program is a new approach to wellness. Jump Start empowers you to tailor your own path to a healthier lifestyle by choosing how you will accomplish your health and wellness goals. The Y will provide you with the knowledge and resources you need to succeed. There are 4 main components to the Jump Start Program - Fitness Assessment (2 FREE Body Composition Analysis Tests), Equipment Orientation, Nutrition Classes & Support. Check out our website or ask for Information at the Welcome Center.

EQUIPMENT ORIENTATIONS

Every Member is given the opportunity to go through a FREE one time orientation. Equipment orientations will help you learn the proper form and technique for the weight equipment and how to use that elliptical, bike or treadmill that you may be unsure of. Orientations last about 45 minutes.

Appointment times and availability vary, please sign-up at the Welcome Center.





**TRI-CITIES FAMILY YMCA
1 Y DRIVE
GRAND HAVEN, MI. 49417**

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U.S. POSTAGE PAID
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POSTMASTER, DATED MATERIAL, PLEASE DELIVER PROMPTLY!



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