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.

REGISTER ONLINE AT WWW.TCFYMCA.ORG

WELCOME
WE’RE SO GLAD YOU ARE HERE!

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

SPRING POOL HOURS
MON-THURS: 5:30AM-1:00PM
4:45PM-8:30PM
FRIDAY: 5:30AM-1:00PM
SATURDAY: 7:30AM-4:30PM
SUNDAY: 7:30AM-1:00PM

SUMMER FACILITY HOURS
 Begins June 5, 2023
MON-THURS: 5:00AM-8:00PM
FRIDAY: 5:00AM-7:00PM
SAT-SUN: 7:00AM-3:00PM

SUMMER POOL HOURS
MON-THURS: 5:30AM-12:30PM
4:00PM-7:30PM
FRIDAY: 5:30AM-12:30PM
SATURDAY: 7:30AM-2:30PM
SUNDAY: 7:30AM-1:00PM

MEMBERSHIP TYPES

<table>
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<tr>
<th>MEMBERSHIP TYPE</th>
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<tr>
<td>Youth</td>
<td>0-18</td>
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<tr>
<td>Young Adult</td>
<td>19-23</td>
</tr>
<tr>
<td>Adult</td>
<td>24-64</td>
</tr>
<tr>
<td>Couple</td>
<td>Two adults</td>
</tr>
<tr>
<td>Parent/Child</td>
<td>One adult &amp; one child*</td>
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<tr>
<td>Family</td>
<td>One or two adults over age 18 &amp; any dependents through age 23*</td>
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<tr>
<td>Senior-Adult</td>
<td>One adult age 65+</td>
</tr>
<tr>
<td>Senior-Couple</td>
<td>Two adults in which one spouse is 65+</td>
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*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.

MEMBER BENEFITS

- FREE CHILDCARE SERVICES
- FREE GROUP FITNESS CLASSES
- FREE EQUIPMENT ORIENTATION
- FREE JUMP START PROGRAM
- REDUCED PROGRAM FEES

PRIORITY REGISTRATION

- 25 METER POOL
- CARDIO THEATER
- WEIGHT ROOM

FREE DROP-IN ADULT SPORTS

...AND MORE!

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. Find and click on the program you want to register for.
4. Fill out the registration form.
5. Register and provide form of payment.

PROGRAM DEPOSITS & CANCELLATIONS
A NON-REFUNDABLE deposit (not to exceed 20% of the total fee) accompanies all registrations. 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.

LEADERSHIP STAFF
Gregory Coil, CEO
greg.coil@tcfymca.org
Meredith Long, Senior Program Director
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
Brianna Moynihan, Childcare & Camp Director
brianna.moynihan@tcfymca.org
Kelly Ruffing, Marketing & Fund Development Manager
kelly.ruffing@tcfymca.org
Alien 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
Gregory Coil, CEO
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Dale Martin
Adam Kelly, Treasurer
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David Redeker, Secretary
Susan Petrus
Kathryn Alguire
Kirsten Runschke
Tammy Basil
Kyle Snell
Scott Grimes
Michelle Vink
Kathy Humphrey
Gerald Witherell, Jr.
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!

EVERY WEDNESDAY
7:00 - 10:00 AM
Y Tea Time will be held in our Welcome Center lobby.

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 enjoy while making new friends. To ensure your child’s safety and enjoyment, parents must take an active role in supervising their children at all times. (Closed on GHAPS Snow Days)

SPRING: TUESDAY & WEDNESDAY | 10:30 AM - 12:30 PM
SUMMER: TUESDAY & WEDNESDAY | 12:30 PM - 2:30 PM

MEMBERS | FREE
PARTICIPANTS | $5/CHILD OR $10/FAMILY

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.

SATURDAY | 10:00 AM - 11:00 AM (Subject to change)

MEMBERS | $10
PARTICIPANTS | $20

CRAFTS FOR KIDS
AGES 4-11 YEARS

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

MOTHERS DAY CRAFTS, SNACKS, & LEMONADE | MAY 13
10:00 AM - 12:30 PM

MEMBERS | $20
PARTICIPANTS | $30

MOTHERS DAY CRAFTS, SNACKS, & LEMONADE | JUNE 17
10:00 AM - 12:30 PM

MEMBERS | $20
PARTICIPANTS | $30

HEALTHY KIDS DAY | APRIL 29, 2023

CHILDREN will enjoy pizza, games, popcorn and a movie under the supervision of our dedicated and trained staff.

MOVIE TITLES WILL BE SELECTED 2 WEEKS PRIOR.
CONFIRM MOVIE TITLE AT TIME OF REGISTRATION.

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

*Please call the Welcome Center for Family or Parent/Child discount.

CRAFTS FOR KIDS
AGES 3-12 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, glow stick dance parties and SO MUCH MORE!

REGISTRATION REQUIRED BY THURSDAY PRIOR. MUST BE POTTY TRAINED.

MEMBERS | $25
ALL OTHER MEMBERSHIPS OR PARTICIPANTS | $35

*Please call the Welcome Center for Family or Parent/Child discount.

AMERICAN RED CROSS BLOOD DRIVES

Give the gift of life by donating at our upcoming American Red Cross blood drives. In addition to donators, 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@tcfyymca.org.

DONOR REGISTRATION: www.redcross.org

APRIL 21 / MAY 26 / JUN 23 / JUL 21
9:00 AM - 3:00 PM
*Will be held a the Central Park Place.

COUCH TO 5k CHALLENGE

Have you always wanted to complete a 5k or are you looking for accountability to stay on track with training? Join our 5-week Couch to 5k Challenge and cross that 5k finish line feeling strong and proud! Participants will receive a Couch to 5k training plan, scheduled group runs, and accountability!

Registration includes a FREE race entry for the 2023 Team GHCM Kick-Off to Summer Run on May 27.

APRIL 24 - MAY 27 (Kick-Off to Summer Run)
MEMBERS | $45
PARTICIPANTS | $60

SUMMER TEAM FITNESS CHALLENGE

The Summer Team Fitness Challenge is a great opportunity to get connected, find accountability, and stay on track with your fitness goals! Build your own fitness group or join one! Participants will work together each week to try to get the most stars. Bonus challenges, participant t-shirt, and a winner trophy!

JUNE 19-JULY 30
MEMBERS | $35

POPCORN & MOVIE NIGHT
AGES 4-11 YEARS

Drop off the kids and enjoy an evening out! Your child will enjoy pizza, 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
APRIL 21 / MAY 19

MOVIE TITLES WILL BE SELECTED 2 WEEKS PRIOR.
CONFIRM MOVIE TITLE AT TIME OF REGISTRATION.

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

CRAFTS FOR KIDS
AGES 4-11 YEARS

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

MOTHERS DAY CRAFTS, SNACKS, & LEMONADE | MAY 13
10:00 AM - 12:30 PM

FATHERS DAY CRAFTS, SNACKS, & LEMONADE | JUNE 17
10:00 AM - 12:30 PM

MEMBERS | $20
PARTICIPANTS | $30

2023 TEAM GHCM KICK-OFF TO SUMMER RUN

Custom Molding Kick-Off to Summer Run
Saturday, May 27, 2023
8:30 AM: 5k Run/Walk
9:15 AM: 1-Mile Family Fun Run

Register at https://runsignup.com/Race/Mi/GrandHaven/KickOffYMCA

2023 Coast Guard City USA Run, presented by Trinity Health
Saturday, July 29, 2023
7:30 AM: 5k Run/Walk
8:30 AM: 10k Run/Walk
8:45 AM: 1-Mile Family Fun Run

Registration coming soon!
Interested in a sponsorship opportunity?
Contact Kelly Ruffing at kelly.ruffing@tcfyymca.org

2023 Kick-Off to Summer Run presented by Trinity Health
Saturday, May 27, 2023
8:30 AM: 5k Run/Walk
9:15 AM: 1-Mile Family Fun Run

Registration coming soon!
Interested in a sponsorship opportunity?
Contact Kelly Ruffing at kelly.ruffing@tcfyymca.org

3 4
**LEARNING TREE LICENSED CHILDCARE | AGES 3–12**

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

*Must be potty trained.

For enrollment, contact Brianna Moynihan, Childcare & Camp Director at brianna.moynihan@tcfymca.org.

**KIDS’ WORLD | DROP-IN CHILDCARE**

The Y is here to help you achieve balance in your busy lifestyle. We’ll watch your children play while you workout! Our Kids’ World services are provided for parents 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**.

**ACE PLACE | DROP-IN CHILDCARE**

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. **TWO HOUR LIMIT FOR ALL CHILDREN**.

**TRI-CITIES FAMILY YMCA LOCATION**

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<thead>
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<td>SUMMER BEGINS JUNE 4</td>
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**SPRING LAKE LEARNING TREE**

**HOLMES ELEMENTARY SCHOOL**

<table>
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<tr>
<th>LEARNING TREE LICENSED CHILDCARE</th>
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**REGISTRATION FORMS**

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

- **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**
- **Full Day Pre-K/GSRP Class (Holmes Location)**

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

**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 Meredith Long, Senior Program Director at meredith.long@tcfymca.org to schedule a tour and meet our teachers!
SPRING YOUTH SPORTS & NINJA

SPRING YOUTH SPORTS
5 WEEK SESSION

<table>
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<th>WED</th>
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BASKETBALL SKILLS

SPORTS & GAMES

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SOCCER/FUTSAL

VOLLEYBALL

PICKLEBALL

SPRING NINJA
5 WEEK SESSION

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NINJA TINY TOTS

LIL NINJA

NINJA JR

NINJA BASICS

NINJA INTERMEDIATE

ADVANCED NINJA
(COACH RECOMMENDATION)

SUMMER 1 YOUTH SPORTS
6 WEEK SESSION

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SPORTS & GAMES

T-BALL

PICKLEBALL

SOCCER

ULTIMATE FRISBEE

ADVENTURE RUNNING

SPASH BALL

RUGBY

SUMMER 1 NINJA
6 WEEK SESSION

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NINJA TINY TOTS

LIL NINJA

NINJA JR

NINJA WARRIOR

YOUTH SAND SOCCER LEAGUE
1st-6th GRADE* (JUNE 5-JULY 27)
*Grade entering in 2023.

NEW! CO-ED Youth Sand Soccer Leagues! Practices and games are held at the state park (South side of Pavilion). Come learn the game of Sand Soccer with small sided games of 5 vs. 5 (including the goalie). Socks may be worn, but not needed. VOLUNTEER COACHES NEEDED!

Practices will be held on Mondays or Tuesday, 5:00-8:00 PM. Games will be held on Wednesdays or Thursdays, 5:00-8:00 PM. 5 GAMES.

MEMBERS | $90  PARTICIPANTS | $120

HIGH SCHOOL BEACH VOLLEYBALL LEAGUE
MUST BE ENTERING HIGH SCHOOL IN 2023
(8 WEEK SESSION: JUNE 15-AUG 3)

Join the YMCA HS Beach Volleyball League. Grab a partner and play 2 vs. 2 (males vs. males, females vs. females). Please bring your own beach volleyball. Nets and lines will be provided.

Games will be held on Thursdays. INCLUDES END OF SEASON TOURNAMENT.

TEAM FEE | $60

* NO CLASSES JULY 4

SPRING: APRIL 24-MAY 28 | SUMMER 1: JUNE 5-JULY 16* | SUMMER 2: JULY 17-AUG 20

7 8
### Summer 2 Sports & Ninja

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</tr>
</tbody>
</table>

### Summer 2 Ninja

| Ninja Tiny Tots | 2-3 YRS | 4:30 PM | 30 MIN | $30 | $60 |
| Lil Ninja       | 4-5 YRS | 4:30 PM | 4:30 PM | 45 MIN | $40 | $70 |
| Ninja Jr        | 6-8 YRS | 5:30 PM | 5:30 PM | 4:30 PM | 45 MIN | $40 | $70 |
| Ninja Warrior   | 9-13 YRS| 6:30 PM | 6:30 PM | 45 MIN | $40 | $70 |

### Summer 1 Gymnastics

| Preschool 2's  | 2-3 YRS | 4:30 PM | 4:30 PM | 30 MIN | $35 | $65 |
| Preschool Beginner | 3-5 YRS | 5:30 PM | 5:30 PM | 45 MIN | $45 | $75 |
| Preschool Intermediate | 3-5 YRS | 6:30 PM | 6:30 PM | 45 MIN | $45 | $75 |
| Beginner 1     | 5-15 YRS| 4:30 PM | 5:30 PM | 4:30 PM | 55 MIN | $55 | $85 |
| Beginner 2     | 5-15 YRS| 5:30 PM | 5:30 PM | 55 MIN | $55 | $85 |
| Intermediate 1 | 5-15 YRS| 6:30 PM | 6:30 PM | 55 MIN | $55 | $85 |
| Intermediate 2 | 5-15 YRS| 5:30 PM | 5:30 PM | 55 MIN | $55 | $85 |
| Advanced       | 5-15 YRS| 6:30 PM | 6:30 PM | 55 MIN | $55 | $85 |

### Spring Gymnastics

| Preschool 2's  | 2-3 YRS | 4:30 PM | 4:30 PM | 30 MIN | $35 | $65 |
| Preschool Beginner | 3-5 YRS | 5:30 PM | 5:30 PM | 45 MIN | $45 | $75 |
| Preschool Intermediate | 3-5 YRS | 6:30 PM | 6:30 PM | 45 MIN | $45 | $75 |
| Beginner 1     | 5-15 YRS| 4:30 PM | 5:30 PM | 4:30 PM | 55 MIN | $60 | $90 |
| Beginner 2     | 5-15 YRS| 5:30 PM | 5:30 PM | 4:30 PM | 55 MIN | $60 | $90 |
| Intermediate 1 | 5-15 YRS| 6:30 PM | 6:30 PM | 4:30 PM | 55 MIN | $60 | $90 |
| Intermediate 2 | 5-15 YRS| 5:30 PM | 5:30 PM | 55 MIN | $60 | $90 |
| Advanced       | 5-15 YRS| 4:30 PM | 4:30 PM | 55 MIN | $85 | $115 |

### Spring & Summer Gymnastics Team

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

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

River Haven Clubhouse
14546 Mercury Drive
Grand Haven, MI 49417
Tuesday/Thursday | 5:30–6:30pm
Tri-Cities Family YMCA
1 Y Drive
Grand Haven, MI 49417
SPRING: Monday–Friday | 4:00–5:00pm
SUMMER*: Monday–Friday | 12:00–1:00pm
* Begins June 5

YOUTH HEALTH & WELLNESS

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!

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

**Must complete an equipment orientation.

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

7TH GRADE INITIATIVE

The 7th Grade Initiative is a Y-USA National Program and provides a FREE Membership from SEPT 1 – JUNE 1 with no monthly fees! Youth will have opportunities for fitness and sports, as well as time to socialize with peers in a safe environment. The goal of the 7th Grade Initiative is to inspire youth to discover their passions, develop a healthy lifestyle, and gain the assets needed to succeed in school and life.

Why 7th Graders? Research shows that 7th grade is a critical time in a young person’s life when exposure to risk factors greatly increases.

IT’S EASY TO GET STARTED
1. Bring in a parent/guardian & school I.D.
2. One-time $5 registration fee for key tag. $5 for each additional lost key tag.
3. Complete forms, schedule an orientation and have fun!

BABYSITTER TRAINING

AGES 11 & UP

Participants will learn how to:
1. Respond to emergencies with first aid & rescue breathing
2. Make good decisions under pressure
3. Communicate effectively with parents
4. Recognize safety and hygiene issues
5. Manage young children
6. Feed, diaper and care for infants and toddlers
7. 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.

JUNE 22 / JULY 13 / AUG 17
8:00 AM – 3:00 PM

MEMBERS | $105
PARTICIPANTS | $135

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 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)

Fees: $105 (members), $125 (participants). Surgical mask be worn during practical tests. This course is $105 and valid for two years.

MAY 14 | 9:00 AM - 6:30 PM
MAY 13 | 9:00 AM - 6:30 PM
MAY 12 | 9:00 AM - 6:30 PM
JUNE 2 | 9:00 AM - 6:30 PM
JUNE 3 | 9:00 AM - 6:30 PM
JUNE 4 | 9:00 AM - 6:30 PM
JUNE 5 | 9:00 AM - 6:30 PM

MEMBERS | $70
PARTICIPANTS | $90

HOMESCHOOL SWIM LESSONS

(SPRING SESSION ONLY)

Homeschool Swim Lessons are taught by an approved instructor who can work with many Partnerships. Please ask us to ensure we currently work with your Partnership. Homeschool Swim Lessons follow SPRING SESSION SCHEDULE ONLY.

Group 1 (Levels 2–4): Wednesdays, 11:30AM–12:00pm
Group 2 (Levels 4–6): Wednesdays, 12:15–1:00pm

MEMBERS | $50
PARTICIPANT | $70

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.

JUNE 20 | 8:00 AM – 12:00 PM
JUNE 19 | 12:00 PM – 4:00 PM
JUNE 21 | 8:00 AM – 12:00 PM
JUNE 22 | 12:00 PM – 4:00 PM

MEMBERS | $180
PARTICIPANTS | $205

AQUATICS SAFETY & LESSONS

TRI-CITIES FAMILY YMCA FOOD PROGRAM

The Tri-Cities Family YMCA Food Program, sponsored by the Monroe Family YMCA, is serving FREE meals to local children, ages 18 years and younger or 26 years and younger with a disability. Meals will be served at the Tri-Cities Family YMCA and River Haven Clubhouse and will include a health & wellness activity. Meals must be eaten on-site and no sign up is required.

Questions? Please contact Brandy Fisher, Health & Wellness Coordinator, at brandy.fisher@tcfyymca.org or 616.842.7051 ext. 224.

*Must pass swim test in order to be in pool without parent/guardian supervision.

**Must complete an equipment orientation.
AQUATICS LESSONS

SUMMER 1 & 2 | 1 CLASS/WEEK

**SUMMER 1**
- **CLASS LEVEL**: Member
- **SESSION DATES**: June 5 - July 16*
- **SESSION LENGTH**: 6 WEEK SESSION

**SUMMER 2**
- **CLASS LEVEL**: Participant
- **SESSION DATES**: July 17 - Aug 20
- **SESSION LENGTH**: 5 WEEK SESSION

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**AQUATICS LESSONS**

**SUMMER SESSION**
- **CLASS LEVEL**: Member
- **SESSION DATES**: June 5 - July 2
- **SESSION LENGTH**: 6 WEEK SESSION

**SPRING & FALL SESSION**
- **CLASS LEVEL**: Participant
- **SESSION DATES**: April 24 - May 28
- **SESSION LENGTH**: 5 WEEK SESSION

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**SWIM LESSON LEVELS**

**SUMMER 1 & 2 | 1 CLASS/WEEK**

**A/B / WATER DISCOVERY & EXPLORATION**
- **TIME**: 4:45 PM
- **DAYS**: TUE & WED
- **LENGTH**: 30 MIN
- **FEE**: $50

**1 / WATER ACCLIMATION**
- **TIME**: 5:45 PM
- **DAYS**: THURS
- **LENGTH**: 30 MIN
- **FEE**: $50

**2 / WATER MOVEMENT**
- **TIME**: 6:30 PM
- **DAYS**: SUN & MON
- **LENGTH**: 45 MIN
- **FEE**: $60

**3 / WATER STAMINA**
- **TIME**: 5:30 PM
- **DAYS**: SAT
- **LENGTH**: 45 MIN
- **FEE**: $60

**4 / STROKE INTRODUCTION**
- **TIME**: 4:45 PM
- **DAYS**: WED & TUE
- **LENGTH**: 30 MIN
- **FEE**: $45

**5 / STROKE DEVELOPMENT**
- **TIME**: 5:45 PM
- **DAYS**: MON & THURS
- **LENGTH**: 45 MIN
- **FEE**: $45

**6 / STROKE MECHANICS**
- **TIME**: 6:30 PM
- **DAYS**: SAT & SUN
- **LENGTH**: 45 MIN
- **FEE**: $45

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**ADULT (16+ YEARS)**
- **CLASS**: 4:45 PM
- **LENGTH**: 45 MIN
- **FEE**: $50

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**SUMMER 1 | 4 CLASSES/WEEK | 5 WEEK SESSION**

**A/B / WATER DISCOVERY & EXPLORATION**
- **TIME**: 4:45 PM
- **DAYS**: MON, TUE, WED, & THURS
- **LENGTH**: 30 MIN
- **FEE**: $45

**1 / WATER ACCLIMATION**
- **TIME**: 5:45 PM
- **DAYS**: SAT
- **LENGTH**: 30 MIN
- **FEE**: $50

**2 / WATER MOVEMENT**
- **TIME**: 6:30 PM
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- **FEE**: $45

**6 / STROKE MECHANICS**
- **TIME**: 6:30 PM
- **DAYS**: SAT & SUN
- **LENGTH**: 45 MIN
- **FEE**: $45

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**SUMMER 2 | 1 CLASS/WEEK | 5 WEEK SESSION**

**A/B / WATER DISCOVERY & EXPLORATION**
- **TIME**: 4:45 PM
- **DAYS**: MON, TUE, WED, & THURS
- **LENGTH**: 30 MIN
- **FEE**: $45

**1 / WATER ACCLIMATION**
- **TIME**: 5:45 PM
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- **LENGTH**: 45 MIN
- **FEE**: $45

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**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.
Pre-payment and 24-hour cancellation notice required.
Note: Members/Participates 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
*PARTICIPANTS PAY $15 DAY PASS FEE + GROUP TRAINING

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 DROP-IN*
*Access to the Y for the whole day.

GROUP FITNESS CLASSES

STRENGTH & CARDIO  YOGA
• Body Basics  • Chair Yoga
• Barre Fusion  • Gentle Yoga
• Family Fitness  • Hatha Yoga
• Fitness for Life  • Vinyasa Yoga
• Forever Fit
• H.I.T.
• Kickboxing
• Pilates Fusion
• Step Aerobics
• Total Body Strength
• Water Works

INDOOR CYCLING  DANCE
• Spin® & Sculpt  • Zumba®
• Spin®

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 | $10 FOR 1 TEST
*New MEMBERS receive one complimentary test within the first three months of membership.

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 – 11:05 AM
MEMBERS AND PARTICIPANTS: FREE

Diabetes Prevention Program®
In partnership with the Muskegon YMCA, we are one of more than 200 Ys 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.

LUNCH & LEARN NUTRITION SERIES
What we put into our body impacts what we get out of it. A healthy diet is key to maintaining strength to enjoy life and preventing lifestyle-related diseases as we grow older. Join Erica Phelps, RD, for these informative, interactive sessions on eating. Healthy Snacks will be provided.

12:00-12:45 PM
MAY 19 – PLANNING TO BE WELL
The healthiest of intentions fail without a good plan. Whether it be fitness, nutrition, or both, Erica Phelps, RD, is here to help you identify barriers and create a realistic plan you can carry out.

JUNE 23 - BUILD A BETTER SALAD
It’s the time of year to start dreaming of gardening and fresh, local foods. Salads can be a great quick and healthy meal option for the warmer months. If you’re going to take the time to make a salad, you want to make sure it counts! Join Erica Phelps, RD, for tips to make the most of your salad, from taste to nutritional value to keeping you full!

MEMBERS | $10/SESSION OR $15 FOR BOTH SESSIONS
PARTICIPANTS | $20/SESSION OR $25 FOR BOTH SESSIONS

10-WEEK HEALTH & WELLNESS COACHING CLASS
Join our Health & Wellness Coaching workshop and find the MOTIVATION, SUPPORT, and SUCCESS that you’ve been looking for! Kelly Ufnal, Registered Nurse and Certified Health Coach, will provide the tools you need to live your healthiest life.

In today’s world, it is easy to become overwhelmed with all of the information that is available. Following a holistic and attainable approach to wellness, Kelly will help participants get back to the basics of healthy living. Weekly topics will include:

• Realistic goal setting
• Nutrition and meal planning
• Mindfulness and rest
• Gut health and digestion
• Blood sugar balance
• Movement
• Accountability and connection
• And, MORE!

APRIL 24 – JULY 16 (NO CLASS JULY 4)
SPRING & SUMMER: TUESDAY | 6:30-7:30 PM
MEMBERS | $75  PARTICIPANTS | $95
ADULT SPORTS

PRIVATE PICKLEBALL LESSONS WITH A PRO

Learn the game of Pickleball or take your game to the next level with Private Pickleball Lessons, instructed by Jaron Faltinowski, Certified Pickleball Professional! We also offer Semi-Private Lessons to those who want to learn as a group.

<table>
<thead>
<tr>
<th>Single 1-Hour Lesson</th>
<th>Six 1-Hour Lessons (used within 6 months)</th>
<th>Play With A Pro “3 and Me” Private Lesson (3 people of similar ability)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEMBERS</td>
<td>$60</td>
<td>PARTICIPANTS</td>
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</table>

ADULT TAI CHI BEGINNER & ADVANCED

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.

<table>
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<tr>
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<td>ADVANCED: MONDAY</td>
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CO-ED VOLLEYBALL QUADS

Indoor quad volleyball, 4 vs. 4 game play with two females and two males. This is a great opportunity to get ready for outdoor beach play. Limit of 12 teams.

NEW! INDOOR CO-ED VOLLEYBALL QUADS

APRIL 10–MAY 15

Indoor quadracrosse, 4 vs. 4 game play with two females and two males. This is a great opportunity to get ready for outdoor beach play. Limit of 12 teams.

SUMMER & 2 ADULT LEAGUES

MEN’S 30+ SOCCER

JUNE 6–JULY 5 & JULY 18–AUG 15

Games will be held at Coast Guard Park. Men, ages 30 and over, are invited to participate in this fun, competitive league. Games are played in a 7 vs. 7 format.

WOMEN’S 30+ SOCCER

JUNE 6–JULY 5 & JULY 18–AUG 15

Games will be held at Coast Guard Park. Women, ages 30 and over, are invited to participate in this fun, competitive league. Games are played in a 7 vs. 7 format.

CO-ED SOCCER

JUNE 11–JULY 9 & JULY 23–AUG 20

18+ can register for A Division (Advanced) or B Division (Beginner). Games are played in an 8 vs. 8 format. A Championship game will be played at the end of the season.

DROP-IN BASKETBALL

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

TUES / THURS | 12:00–1:00 PM
WED | 5:30–7:00 PM

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.

BEGINNS MARCH 29TH! STAY TUNED FOR DAYS AND TIMES.

DROP-IN PICKLEBALL

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

MEMBERS | FREE PARTICIPANTS | $5/DAY

DROP-IN QUESTIONS? Contact Jentry Karpin, Youth & Adult Sports Coordinator at jentry.karpin@tcfymca.org

Cardiogolf is a great class for anyone looking to increase flexibility and range of motion, gain strength, and improve their golf game in a unique way. The class is designed for all skill levels who are looking to improve fitness and for those who have never played the game to learn basic swing skills. There is no ball required and all swing drills will be done with the 23” Shortee Golf Club provided. Classes are taught by Britni Gielow, certified Cardiogolf instructor and LPGA Golf Professional. Britni is a swing instructor for Patti Butcher Golf Enterprises.

APRIL 18–MAY 16: TUESDAYS | 6:00–6:45 PM

MEMBERS | $40 PARTICIPANTS | $70

NEW! INDOOR CO-ED VOLLEYBALL QUADS

APRIL 10–MAY 15

Indoor quad volleyball, 4 vs. 4 game play with two females and two males. This is a great opportunity to get ready for outdoor beach play. Limit of 12 teams.

CONTACT JENTRY KARPIN AT JENTRY.KARPIN@TCFYMACA.ORG TO RECEIVE DISCOUNT.

$900 CO-ED SUMMER 1 AND 2 | $800 MEN’S/WOMEN’S SUMMER 1 AND 2 | $450 SUMMER 1 & 2 ADULT LEAGUES

MEMBERS | $45/PERSON PARTICIPANTS | $65/PERSON

ADULT TAI CHI BEGINNER & ADVANCED

Tie 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.

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DROP-IN PICKLEBALL

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

MEMBERS | FREE PARTICIPANTS | $5/DAY

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.

BEGINNS MARCH 29TH! STAY TUNED FOR DAYS AND TIMES.

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

MEMBERS | FREE PARTICIPANTS | $5/DAY

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.

BEGINNS MARCH 29TH! STAY TUNED FOR DAYS AND TIMES.