



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# BUILDING

A HEALTHY  
COMMUNITY  
FOR THE FUTURE



TRI-CITIES FAMILY YMCA | 2024 FALL PROGRAM GUIDE



# WELCOME

**HELLO!**  
**MEET OUR STAFF AND BOARD OF DIRECTORS**

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



## REGISTRATION & SESSIONS

**FALL 1 | SEPT 3 - OCT 27**  
MEMBERS: AUG 12  
PARTICIPANTS: AUG 19

**FALL 2 | OCT 28 - DEC 22**  
MEMBERS: OCT 7  
PARTICIPANTS: OCT 14

### FALL FACILITY HOURS

*Begins September 3, 2024*

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

### FALL POOL HOURS

*Begins September 3, 2024*

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



## 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](mailto:brandy.fisher@tcfymca.org) or 616.842.7051 ext. 224.

**FALL SCHEDULE**  
*Begins September 3*

**Tri-Cities Family YMCA**  
**M-F | 4:00-5:00 PM**

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

## 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.

### 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 BECOME A MEMBER?

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

1. Go to [tcfymca.org](http://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](http://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](#) 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.



## 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**  
9:00-11:00 AM

## BRUNCH & BINGO

Join us for Brunch & Bingo! A light brunch will be provided, as well as prizes for Bingo winners. Pre-registration is encouraged, but not required. Sign up at the Welcome Center! All ages are welcome. **FREE!**

SEPT 13 / OCT 11 / NOV 8 / DEC 13

## FALL MELT® SESSIONS

MELT® is a simple self-treatment designed to help you stay healthy, youthful, and active for a lifetime. This full-body method of self-care can be customized to your particular needs – from improving performance and decreasing the risk of repetitive stress injuries to eliminating chronic pain, regardless of what’s causing your pain in the first place. MELT® is easy to learn and can offer results the first time you try it. Best of all, your body will feel great long after you MELT®!

**MEMBERS | \$100 ALL 4 SESSIONS OR \$30/SESSION**  
**PARTICIPANTS | \$145 ALL 4 SESSIONS OR \$45/SESSION**

## 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](mailto:brandy.fisher@tcfymca.org). **DONOR REGISTRATION:** [www.redcross.org](http://www.redcross.org)

SEPT 20 / OCT 25 / NOV 22  
9:00 AM – 3:00 PM



### FALL MELT SESSION SCHEDULE WEDNESDAYS | 5:15-6:15 PM

SEPT 18	Happy Hips & Low Back
SEPT 25	Neck, Shoulders, & Spine
OCT 9	MELT for Sleep
OCT 23	MELT to De-Stress & Digest

## INDOOR TRIATHLON

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, NOVEMBER 17 | 8AM, FIRST WAVE STARTS

MEMBERS | \$35 PARTICIPANTS | \$55



SPLASH • MASH • DASH

## JUNGLE GYM (STARTING SEPT 3) 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**

## 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 PM

**MEMBERS | \$10** PARTICIPANTS | \$20

## WINTER BREAK CAMP AGES 4-13 YEARS

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, and stay active and healthy! Weekly or daily rates available. **A \$40 NON-REFUNDABLE deposit is due at the time of registration.** The remaining balance must be paid in full the Wednesday prior to camp start date. Payments may be scheduled for **AUTOMATIC DEDUCTION** upon request.

**REGISTRATION:** MEMBERS | NOV 4  
PARTICIPANTS | NOV 6

**DAILY FULL DAY**  
MEMBERS | \$50 PARTICIPANTS | \$65

**DAILY HALF DAY (DEC 24)**  
MEMBERS | \$30 PARTICIPANTS | \$45

**FULL SESSION (DEC 23-JAN 3, NO CAMP DEC 25/JAN 1)**  
MEMBERS | \$250 PARTICIPANTS | \$275

### WINTER BREAK CAMP SCHEDULE

DEC 23	8:30 AM – 4:30 PM
DEC 24	8:30 AM – 12:00 PM
DEC 26-27	8:30 AM – 4:30 PM
DEC 30-31	8:30 AM – 4:30 PM
JAN 2-3	8:30 AM – 4:30 PM

## 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  
SEPT 20 / OCT 18 / NOV 15 / DEC 20  
**MOVIE TITLES WILL BE SELECTED 2 WEEKS PRIOR. CONFIRM MOVIE TITLE AT TIME OF REGISTRATION.**

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

## KIDS NIGHT OUT AGES 4-12 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.**

5:00-8:00 PM  
SEPT 6 / OCT 4 / NOV 1 / DEC 6

**MEMBERS | \$30**  
**PARTICIPANTS | \$40**

**PLEASE NOTE: A NON-REFUNDABLE deposit (not to exceed 20% of the total fee) is due at the time of registration.**

## CRAFTS FOR KIDS AGES 4-11 YEARS

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

**CRAFT-N-TREAT | OCTOBER 26**  
10:00 AM – 12:30 PM

**HOLLY, JOLLY CRAFTS & COOKIES | DECEMBER 14**  
10:00 AM – 12:30 PM

**MEMBERS | \$20**  
**PARTICIPANTS | \$30**

## DROP-IN NINJA AGES 6+

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.

TUESDAYS 6:30-7:15 PM  
MEMBERS | \$5 PARTICIPANTS | \$15



## 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](mailto: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
FALL 1 & 2	8:30AM-1:15PM 4:00-8:00PM	8:30AM-1:15PM NO EVENINGS	9:00 AM-1:00 PM NO EVENINGS	10:00AM-2:00 PM	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
FALL 1 & 2	4:00-8:00PM	CLOSED	9:00 AM-1:00PM	CLOSED	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$6/VISIT/CHILD

## LEARNING TREE PRESCHOOL

Learning Tree Preschool is a **GREAT PLACE TO GROW!** We are **FULLY LICENSED**, with a dedicated and highly qualified staff. Please email Meredith Long, Director of Operations, at [meredith.long@tcfymca.org](mailto:meredith.long@tcfymca.org) to schedule a tour and meet our teachers!

TUITION INFORMATION IS AVAILABLE [HERE](#).

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 Must be potty trained	T/TH	9:15-11:45 AM
3 YR OLD PRESCHOOL Must be potty trained	M/W/F	9:15-11:45 AM
3/4 YR OLD PRESCHOOL Great for older 3's or younger 4's	M/W/F	12:30-3:15 PM
MORNING PRE-K FOR ALL Tuition Free	M-TH	9:00 AM-12:00 PM
AFTERNOON PRE-K FOR ALL Tuition Free	M-TH	12:30-3:30 PM
5-DAY AFTERNOON PRE-K FOR ALL Tuition Free	M-F	12:15-3:15 PM
COMING SOON! FULL DAY PRE-K FOR ALL AT WMAAA Tuition Free	M-TH	8:15 AM-3:15 PM



LEARNING TREE PRESCHOOL



**FALL 1 YOUTH SPORTS**

ALL CLASSES WILL BE HELD OUTSIDE, WEATHER PERMITTING

	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEM.	PART.
<b>SPORTS &amp; GAMES</b>	4-5 YRS		4:30PM			45 MIN	\$65	\$105
<b>SOCCER BASICS</b>	4-5 YRS	5:00 PM				45 MIN	\$65	\$105
	6-8 YRS	6:00 PM						
<b>FLAG FOOTBALL</b>	6-8 YRS			5:00 PM		45 MIN	\$65	\$105
	9-13 YRS			6:00 PM				
<b>TENNIS</b>	6-8 YRS				5:00 PM	45 MIN	\$65	\$105
	9-13 YRS				6:00 PM			
<b>PICKLEBALL</b>	6-8 YRS			5:00 PM		45 MIN	\$65	\$105
	9-13 YRS			6:00 PM				
<b>NEW!! INTRO TO FIELD HOCKEY</b>	9-13 YRS		5:15 PM			45 MIN	\$65	\$105
<b>FALL FISHING</b>	6-13 YRS		5:00 PM			90 MIN	\$80	\$120

**FALL 2 YOUTH SPORTS**

	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEM.	PART.
<b>SPORTS GALORE</b>	4-5 YRS	4:30 PM				30 MIN	\$40	\$70
<b>BALLET</b>	6-8 YRS			4:30 PM		45 MIN	\$65	\$95
<b>FUTSAL</b>	6-8 YRS				5:00 PM	45 MIN	\$60	\$90
	9-13 YRS				6:00 PM	45 MIN	\$60	\$90
<b>VOLLEYBALL</b>	9-13 YRS	5:00 PM				45 MIN	\$65	\$95
<b>HIP HOP</b>	9-13 YRS			5:30 PM		45 MIN	\$65	\$95

**FALL 2 BASKETBALL**

	TUES	WED	CLASS LENGTH
<b>Y5-K</b>	5:00PM		45 MIN
<b>1ST-2ND GRADE</b>		5:00PM	45 MIN
<b>3RD-4TH GRADE</b>	6:00PM		45 MIN
<b>5TH-6TH GRADE</b>		6:00PM	45 MIN

MEMBERS: \$65

PARTICIPANTS: \$105

**FALL BASKETBALL**

Our fall basketball classes are a great way to get young basketball players ready for Youth Basketball League (YBL). Participants will learn basic skills and game fundamentals through drills and scrimmages, while building confidence and having fun!



**YOUTH BASKETBALL LEAGUE (YBL) - MARK YOUR CALENDARS**

YBL is an instructional league where we grow athletes' confidence and skills as well as develop a culture of teamwork and sportsmanship. The YBL season officially begins in January 2025! Registration is as follows:

**EARLY REGISTRATION: NOVEMBER 4-18**  
MEMBERS | \$95 PARTICIPANTS | \$135

**SPONSORSHIP INQUIRIES:** Contact Kelly Ruffing at [kelly.ruffing@tcfymca.org](mailto:kelly.ruffing@tcfymca.org)

**REGULAR REGISTRATION: NOVEMBER 18-DECEMBER 9**  
MEMBERS | \$125 PARTICIPANTS | \$165

**YBL REFEREES:** Contact Jentry Karpin at [jentry.karpin@tcfymca.org](mailto:jentry.karpin@tcfymca.org)

**EVALUATION DAY: DECEMBER 14\***  
\*Registrations after DECEMBER 9 are subject to a late fee.

**VOLUNTEER COACHES:** Contact Jentry Karpin at [jentry.karpin@tcfymca.org](mailto:jentry.karpin@tcfymca.org)

**FALL 1 & 2 | PRESCHOOL GYMNASTICS**

	AGE	MON	TUES	WED	THURS	FRI	CLASS LENGTH	MEM.	PART.
<b>PRESCHOOL 2'S (PARENT PARTICIPATION)</b>	2-3 YRS	4:30 PM		4:30 PM		9:00 AM	30 MIN	\$45	\$85
<b>PRESCHOOL BEGINNER</b>	3-5 YRS	5:30 PM		5:30 PM		9:45 AM	45 MIN	\$70	\$110
<b>PRESCHOOL INTERMEDIATE</b>	4-5 YRS	6:30 PM		6:30 PM		10:45 AM	45 MIN	\$70	\$110

**FALL 1 & 2 | TUMBLING**

	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEM.	PART.
<b>BEGINNER</b>	5-15 YRS		4:30 PM			45 MIN	\$70	\$110
<b>INTERMEDIATE</b>	5-15 YRS		5:30 PM			45 MIN	\$70	\$110
<b>ADVANCED</b>	5-15 YRS	6:00 PM				45 MIN	\$70	\$110

**FALL 1 & 2 | REC GYMNASTICS**

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

CLICK [HERE](#) FOR GYMNASTICS LEVEL DESCRIPTIONS. Still not sure which level to register for? Please contact Melissa Freel, Gymnastics Coordinator at [melissa.freel@tcfymca.org](mailto:melissa.freel@tcfymca.org)

**FALL 1 & 2 | NINJA**

	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEM.	PART.
<b>MORNING NINJA TINY TOTS (PARENT PARTICIPATION)</b>	2-3 YRS		9:30 AM 10:15 AM 11:00 AM		9:30 AM 10:15 AM 11:00 AM	30 MIN	\$45	\$85
<b>NINJA TINY TOTS (PARENT PARTICIPATION)</b>	2-3 YRS		4:30 PM 5:00 PM			30 MIN	\$45	\$85
<b>LIL NINJA</b>	4-5 YRS	4:30 PM	5:30 PM	4:30 PM		45 MIN	\$70	\$110
<b>BEGINNER NINJA</b>	6-8 YRS			5:30PM 6:30 PM		45 MIN	\$70	\$110
	9-13 YRS	5:30 PM				45 MIN	\$70	\$110
<b>NOVICE NINJA (MUST HAVE COACH RECOMMENDATION)</b>	6+ YRS				5:30 PM	45 MIN	\$70	\$110
	8+ YRS				6:30 PM	45 MIN	\$70	\$110
<b>INTERMEDIATE NINJA (MUST HAVE COACH RECOMMENDATION)</b>	8+ YRS	6:30 PM				45 MIN	\$70	\$110
<b>ADVANCED NINJA (MUST HAVE COACH RECOMMENDATION)</b>	8+ YRS	7:30 PM				60 MIN	\$85	\$125

PLEASE NOTE: A NON-REFUNDABLE deposit (not to exceed 20% of the total fee) is due at the time of registration.

FALL 1 | SEPT 3 - OCT 27  
MEMBERS: AUG 12  
PARTICIPANTS: AUG 19

FALL 2 | OCT 28 - DEC 22  
MEMBERS: OCT 7  
PARTICIPANTS: OCT 14

## 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! **All youth using the Y independently will be expected to demonstrate our core values: caring, honesty, respect, and responsibility. \*MUST PASS SWIM TEST IN ORDER TO BE IN POOL WITHOUT PARENT/GUARDIAN SUPERVISION. \*\*MUST COMPLETE EQUIPMENT ORIENTATION AND STRENGTH TEST.**

<b>3 MON - 9 YRS</b> WITH DIRECT PARENT/GUARDIAN SUPERVISION	<ul style="list-style-type: none"> <li>POOL</li> <li>GYM</li> </ul>
<b>10 YRS</b> PARENT/GUARDIAN MUST BE IN THE Y FACILITY	<ul style="list-style-type: none"> <li>POOL*</li> <li>GYM</li> </ul>
<b>11-12 YRS</b> NO PARENT/GUARDIAN SUPERVISION	<ul style="list-style-type: none"> <li>POOL*</li> <li>GYM</li> <li>CARDIO THEATER</li> <li>NON-EQUIPMENT FITNESS CLASSES</li> <li>SELECT WEIGHT EQUIPMENT**</li> </ul>
<b>13-15 YRS</b> NO PARENT/GUARDIAN SUPERVISION	<ul style="list-style-type: none"> <li>POOL*</li> <li>GYM</li> <li>CARDIO THEATER</li> <li>ALL FITNESS CLASSES, EXCEPT SPIN®</li> <li>SELECT WEIGHT EQUIPMENT**</li> </ul>
<b>16 YRS +</b> NO PARENT/GUARDIAN SUPERVISION	<ul style="list-style-type: none"> <li>FULL USE OF FACILITY</li> <li>EQUIPMENT ORIENTATION RECOMMENDED</li> </ul>

## STRENGTH TRAINING FOR TEEN ATHLETES

AGES 13-16

Join Certified Personal Trainer, Traver Johnson, in the weight room to learn how to properly strength train for athletes. 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. The class will focus on how to improve athletic ability. Limited space! 5 participants/class.

FALL 1 & 2 | WEDNESDAYS  
5:00 PM (50 MIN CLASSES)

MEMBERS ONLY | \$100

## BABYSITTER TRAINING

AGES 11 & UP

Participants will learn how to:

- Respond to emergencies with first aid & rescue breathing
- Make good decisions under pressure
- Communicate effectively with parents
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants and toddlers
- Start your babysitting business

Receive hands-on skills practice and additional training in first aid. Attendees will receive a Pediatric First Aid/CPR 2-year certification. **This is a two-day course.** Please bring a lunch, snacks, and water. **Pre-registration required.**

SEPT 13 & 14 / OCT 11 & 12 / DEC 13 & 14  
FRIDAYS | 4:30-7:30 PM  
SATURDAYS | 8:00 AM - 3:00 PM

MEMBERS | \$125 PARTICIPANTS | \$155

## 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

- Bring in a parent/guardian & school I.D
- One-time \$5 registration fee for key tag. \$5 for each additional lost key tag.
- Complete forms, schedule an orientation and have fun!

**BONUS!** Family Membership upgrade available for 7th Grade Initiative participants! See the last page of the Program Guide for details.

# AQUATICS & SAFETY

## AMERICAN RED CROSS LIFEGUARD TRAINING CLASS

Prerequisites: students must be at least 15 years old, able to swim 150 yards, immediately followed by 2 minutes of treading water with only our legs, immediately followed by a 50 yard swim. Swim strokes must be front crawl or breast stroke. Upon the successful completion of the written and practical tests, participants will be certified in the following:

- LIFEGUARD TRAINING (2-YEAR CERTIFICATION)
- FIRST AID (2-YEAR CERTIFICATION)
- CPR FOR PRO RESCUER (2-YEAR CERTIFICATION)

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

OCT 24 | 4:00 PM - 8:00 PM  
OCT 25 | 4:00 PM - 8:00 PM  
OCT 26 | 8:00 AM - 6:00 PM  
OCT 27 | 8:00 AM - 6:00 PM

JAN 2 | 9:00 AM - 6:00 PM  
JAN 3 | 9:00 AM - 6:00 PM  
JAN 4 | 8:00 AM - 6:00 PM

MEMBERS | \$195 PARTICIPANTS | \$225



Unable to attend our fall Lifeguard classes? Contact Ali Weber, Aquatics Director at [ali.weber@tcfymca.org](mailto:ali.weber@tcfymca.org) for our winter Lifeguard class dates.



## 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.

OCT 5 | 9:00 AM - 1:00 PM  
OCT 22 | 5:00 PM - 9:00 PM  
NOV 2 | 9:00 AM - 1:00 PM  
DEC 3 | 5:00 PM - 9:00 PM  
DEC 7 | 9:00 AM - 1:00 PM

MEMBERS | \$70 PARTICIPANTS | \$90

## LIFEGUARD RECERTIFICATION

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

NOVEMBER 16 | 8:00 AM - 6:30 PM

MEMBERS | \$105 PARTICIPANTS | \$130



## FALL 1 & 2 GROUP SWIM LESSONS

CLASS	MON	TUES	WED	THUR	SAT	CLASS LENGTH	MEMBER	NONMEMBER
<b>A/ WATER DISCOVERY</b> (6 MONS-1.5 YRS)	4:45PM	9:30AM	4:45PM		9:50AM	30 MIN	\$70	\$95
<b>B/ WATER EXPLORATION</b> (1.5 YRS-3 YRS)	4:45PM		4:45PM	9:30AM	10:25AM	30 MIN	\$70	\$95
<b>1 / WATER ACCLIMATION</b>	5:45PM	10:15AM 4:45PM 5:45PM	5:45PM	10:15AM 4:45PM 5:45PM	11:00AM	30 MIN	\$85	\$125
<b>2 / WATER MOVEMENT</b>	5:45PM	11:00AM 4:45PM 5:45PM	5:45PM	11:00AM 4:45PM 5:45PM	11:00AM 11:45AM	30 MIN	\$85	\$125
<b>3 / WATER STAMINA</b>	5:30PM	11:45AM 5:30PM	5:30PM	11:45AM 5:30PM	10:45AM 11:45AM	45 MIN	\$85	\$125
<b>4 / STROKE INTRODUCTION</b>	6:30PM	10:45AM 6:30PM	6:30PM	10:45AM 6:30PM	10:45AM 11:45AM	45 MIN	\$85	\$125
<b>5 / STROKE DEVELOPMENT</b>	6:30PM	11:45AM 6:30PM	6:30PM	11:45AM 6:30PM	11:45AM	45 MIN	\$85	\$125
<b>6 / STROKE MECHANICS</b>	6:30PM	11:45AM 6:30PM	6:30PM	11:45AM 6:30PM	11:45AM	45 MIN	\$85	\$125
<b>ADULT (16+ YRS)</b>			4:45PM		9:45AM	45 MIN	\$85	\$125

## HOMESCHOOL SWIM LESSONS

Our Homeschool Swim Lessons are perfect for those families working with a Homeschool Partnership. 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](mailto:ali.weber@tcfymca.org) or 616-842-7051 ext 239. Homeschool Swim Lessons follow Fall 1 and Fall 2 program dates.

**Group 1 (Levels 2-4): MONDAYS or WEDNESDAYS, 11:15 AM - 12:00 PM**

**Group 2 (Levels 4-6): MONDAYS or WEDNESDAYS, 12:15 - 1:00 PM**

**MEMBERS | \$85**

**PARTICIPANTS | \$125**



## SWIM LESSON LEVELS

QUESTIONS? Contact Ali Weber, Aquatics Director at [ali.weber@tcfymca.org](mailto:ali.weber@tcfymca.org)

### SWIM STARTERS

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

#### A / WATER DISCOVERY

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

#### B / WATER EXPLORATION

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

### SWIM BASICS

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

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

#### 1/ WATER ACCLIMATION

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

#### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

#### 3 / WATER STAMINA

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

### SWIM STROKES

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

#### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

#### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

#### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

PLEASE NOTE: A NON-REFUNDABLE deposit (not to exceed 20% of the total fee) is due at the time of registration.

FALL 1 | SEPT 3 - OCT 27  
MEMBERS: AUG 12  
PARTICIPANTS: AUG 19

FALL 2 | OCT 28 - DEC 22  
MEMBERS: OCT 7  
PARTICIPANTS: OCT 14

[www.tcfymca.org](http://www.tcfymca.org) | 616.842.7051

\*NO CLASSES ON LABOR DAY, MONDAY SEPTEMBER 4. PRORATED FEES WILL BE REFLECTED AT TIME OF REGISTRATION.

## 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, 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 | \$160**      **PARTICIPANTS | \$225**

### Single 45-Minute Session

**MEMBERS | \$40**      **PARTICIPANTS | \$55**

### Six 45-Minute Sessions

**MEMBERS | \$190**      **PARTICIPANTS | \$240**

### Single 1-Hour Session

**MEMBERS | \$45**      **PARTICIPANTS | \$60**

### 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\***

**6 SESSIONS | \$250\***

*\*PARTICIPANTS PAY DAY PASS FEE PLUS THE GROUP TRAINING FEE for each session attended. Pricing will vary, depending on how many Participants there are.*

## EQUIPMENT ORIENTATIONS

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

## GROUP FITNESS CLASSES

Our fitness classes are designed to challenge the body through all planes of motion for a well-rounded workout. We offer over 50 group exercise classes weekly. With this variety, you are sure to find something to fit your schedule and fitness level! Our energetic and inspiring certified instructors are ready to motivate you to be your best.

View the schedule at [www.tcfymca.org](http://www.tcfymca.org)

**MEMBERS | FREE**

**PARTICIPANTS | \$15 DROP-IN\***

*\*Access to the Y for the whole day.*

### GROUP FITNESS CLASSES

#### STRENGTH & CARDIO

- Body Basics
- Barre Fusion
- Family Fitness
- Fitness for Life
- Forever Fit
- H.I.I.T.
- Kickboxing
- Cardioboxing
- Pilates Fusion
- Total Body Strength
- Water Works

#### YOGA

- Chair Yoga
- Gentle Yoga
- Restorative Yoga
- Vinyasa Yoga

#### INDOOR CYCLING

- Spin® & Sculpt
- Spin®

#### DANCE

- 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 Nurse. Your sessions will be tailored to your personal health and wellness journey.

**Six 1-Hour Sessions**

**MEMBERS | \$230**      **PARTICIPANTS | \$290**

## BODY COMPOSITION TESTING

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

**MEMBERS\* | \$15 FOR 1 TEST OR \$25 FOR 2 TESTS**

**PARTICIPANTS | \$30 FOR 1 TEST**

*\*New MEMBERS receive one complimentary test within the first three months of membership.*

## FALL ADULT LEAGUES

### ADULT COED INDOOR VOLLEYBALL

Indoor volleyball, 6 vs. 6 game play with three females and three males. Limit of 10 teams. **10 WEEKS: SEPT 16-NOV 18**

### ADULT COED OUTDOOR SOCCER

Outdoor soccer, 8 vs. 8 game play with four females and four males. Limit of X teams. **5 WEEKS: SEPT 15-OCT 13**

	AGE	MON	SUN	TEAM FEE	INDIVIDUAL/HOUSE TEAM FEE
ADULT COED INDOOR VOLLEYBALL	18+	7 PM OR 8 PM		\$350	\$58/PLAYER
ADULT COED OUTDOOR SOCCER	18+		5-8 PM	\$500	N/A

## ADULT TAI CHI

**BEGINNER AND ADVANCED CLASSES!** 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.

**FALL 1 | MONDAYS**

**BEGINNER: 6:30 PM**      **ADVANCED: 7:30 PM**

**MEMBERS | \$50**

**PARTICIPANTS | \$90**

**FALL 2 | MONDAYS**

**BEGINNER: 6:30 PM**      **ADVANCED: 7:30 PM**

**MEMBERS | \$60**

**PARTICIPANTS | \$100**

## CARDIO GOLF

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.

**FALL 2 | MONDAYS**

**BEGINNER: 12:00-12:45 PM**

**MEMBERS | \$80**

**PARTICIPANTS | \$120**

## 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 / FRIDAY | 12:00 - 1:00 PM**

**MEMBERS | FREE**

**PARTICIPANTS | \$5/DAY**

## DROP-IN VOLLEYBALL

**BEGINS SEPT 18!** 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!

**WEDNESDAYS | 7:00-8:30 PM**

**MEMBERS | FREE**

**PARTICIPANTS | \$5/DAY**

## DROP-IN BASKETBALL

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

**THURSDAYS | 7:00-8:30 PM**

**MEMBERS | FREE**

**PARTICIPANTS | \$5/DAY**

## 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 / THURS / FRI | 1:15-3:15 PM**

**MEMBERS | FREE**

**PARTICIPANTS | \$5/DAY**

**SAT / SUN | 8:00-11:00 AM**

**MEMBERS | FREE**

**PARTICIPANTS | \$10/DAY**

**BEGINNER, INTERMEDIATE AND ADVANCED CLINICS OFFERED! DATES TBD.**

**DROP-IN QUESTIONS?** Contact Jentry Karpin, Youth & Adult Sports Coordinator at [jentry.karpin@tcfymca.org](mailto:jentry.karpin@tcfymca.org)

*Drop-In and Open Gym are weather permitting. Please contact the Welcome Center at 616-842-7051 to confirm availability.*



## PEDALING FOR PARKINSON'S

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

Classes are held 3 times a week. Medical consent forms and further information is available at the Welcome Center.

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

## 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](mailto: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](mailto:brandy.fisher@tcfymca.org)

**MEMBERS AND PARTICIPANTS: \$25**

## MONTHLY FITNESS CHALLENGES

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

**MEMBERS: \$10**



## YFIT - FUNCTIONAL FITNESS

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

**FALL 1 & FALL 2 MEMBERS | \$165 (Limited Space, Exclusive to Members)**

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

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

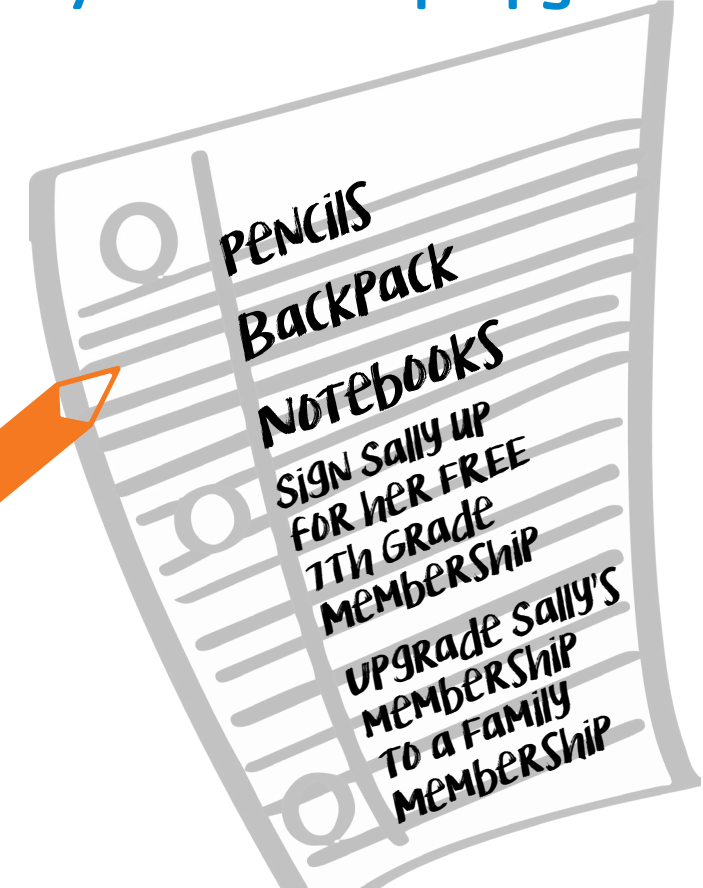


# BACK TO SCHOOL MEANS BACK TO THE Y!

## 7th Grade Initiative & Family Membership Upgrade

The 7th Grade Initiative is a Y-USA National Program and provides a FREE Membership to 7th graders during the school year with no monthly fees! As part of our 7th Grade Initiative, the Y offers reduced membership rates for families of 7th graders. Call the Welcome Center for details. **STARTING AUGUST 19, 2024, NEW FAMILY MEMBERSHIPS SAVE \$28/MONTH!**

**7th Grade Membership includes:**  
 OPEN GYM • POOL • WEIGHT ROOM\*  
 PING PONG TABLE • MEMBER PRICING  
 \*Must complete an orientation.



## TRI-CITIES FAMILY YMCA ANNUAL CAMPAIGN

**TOGETHER WE CAN REACH OUR GOAL!**  
**\$125,000**

The Tri-Cities Family YMCA provides over \$500,000 in assistance to ensure all 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 stop by the Welcome Center. For a better us.

\$125,000

\$90,000

\$60,000

\$30,000

