

BUILDING A BETTER US.



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

2025 SPRING PROGRAM GUIDE

LET THE JOURNEY BEGIN AT THE Y!

Y for All Capital Improvement Project Launching Spring 2025

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

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

Please note, Spring Session offerings may be limited and/or unavailable during construction. Additionally, some of your favorite programs may be temporarily relocated. Please see PAGE 2 of this Program Guide for further details. We appreciate your flexibility as we work towards building a better facility for the future!

DO YOU WANT TO SUPPORT THE Y?

[DONATE TODAY!](#)



SPRING SESSION & PROGRAM UPDATES

Effective April/May 2025. Specific dates to follow.

- **Jungle Gym: On hold;** look for updates and restart information late summer/early fall.
- **ACE Place: Closed during renovations;** look for updates on [expanded hours in Kids World](#).
- **Aquatics: No group swim lessons;** look for [expanded lap swim and open swim](#), as well as other opportunities.
- **Licensed Childcare: New location** coming in April. More follow-up with families to come.
- **Rec Gymnastics: Limited offerings;** please refer to Program Guide for details.
- **Ninja: On hold;** look for updates and restart information late summer/early fall. [Outdoor Ninja Camp](#) is available this summer!
- **Group Fitness Classes:** Classes will be held in the [Multipurpose Room and the West Gym](#). Please refer to the soon to be released [MPR and West Gym schedules](#), which can be found on our website, www.tcfymca.org, or at the Welcome Center.
- **Drop-in and Open Gym: Please refer to the soon to be released West Gym schedule**, which can be found on our website, www.tcfymca.org, or at the Welcome Center.



the Y WELCOME

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



SPRING

FACILITY HOURS

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

POOL HOURS

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

SESSION & REGISTRATION

SPRING | APR 21-JUNE 8

MEMBERS: MAR 24

PARTICIPANTS: MAR 31

SUMMER CAMP | JUNE 9* - AUG 15

REGISTRATION NOW OPEN! www.tcfymca.org

*FULL DAY CAMP FOR SLPS BEGINS JUNE 9

*FULL DAY CAMP FOR GHAPS BEGINS JUNE 16

[2025 SUMMER CAMP GUIDE](#)

2025 SUMMER RACES

2025 RAMI Kick-Off to Summer Run

Saturday, May 24, 2025

8:30 AM: 5k Run/Walk
9:15 AM: 1-Mile Family Fun Run



REGISTER

We need VOLUNTEERS! You can sign up to volunteer on the race registration website or by stopping by the Welcome Center.

2025 Trinity Health Coast Guard City USA Run

Saturday, July 26, 2025

7:30 AM: 5k Run/Walk*
8:30 AM: 10k Run/Walk*
8:45 AM: 1-Mile Family Fun Run



*5K + 10K Combo Coastie Challenge is returning this year!

Registration coming soon!

Interested in a sponsorship opportunity? Contact Kelly Ruffing at kelly.ruffing@tcfymca.org

FOR ADDITIONAL SPECIAL EVENTS AND ACTIVITIES, PLEASE SEE PAGE 13.

[LEADERSHIP](#)

MEMBERSHIP

MEMBERSHIP TYPE	AGE
Youth	0-18
Young Adult	19-23
Adult	24-64
Couple	Two adults
Parent/Child	One adult & one child*
Family	One or two adults over age 18 & any dependents through age 23*
Senior-Adult	One adult age 65+
Senior-Couple	Two adults in which one spouse is 65+

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

HOW DO I REGISTER FOR MEMBERSHIP?

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

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

HOW DO I REGISTER FOR PROGRAMS?

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

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

PROGRAM DEPOSITS & CANCELLATIONS

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

FINANCIAL ASSISTANCE

The Y's [Community Pricing Program](#) ensures that membership and programs are available to everyone in our service area regardless of their financial situation. This program is supported by contributions to our Annual Campaign, grants from local funders and direct donations.



FREE ON-SITE COUNSELING SERVICES

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

Check the Counseling Office Schedule at www.tcfymca.org to see when Andrea, our on-site Counselor, will be in the office.

FREE QPR SUICIDE PREVENTION TRAINING

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

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

APRIL 14 | 6:00 PM
MAY 13 | 12:00 PM

CHILDCARE

PRESCHOOL

LEARNING TREE LICENSED CHILDCARE | AGES 3-12 YEARS*

Whether you are looking for full or part time care for your child or before and after school care, our fully licensed childcare program has the flexible scheduling you need for your family. Our Licensed Childcare program offers:

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

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

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

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

KIDS' WORLD | DROP-IN CHILDCARE

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.**

KIDS' WORLD HOURS - AGES 3 MONTHS-10 YRS						
HOURS	MON-THURS	FRI	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS
SPRING	8:30AM-1:15PM 4:00-8:00PM	8:30AM-1:15PM	9:00AM-1:00PM	10:00AM - 2:00PM	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$6/VISIT/CHILD

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.**

ACE PLACE - AGES 4-10 YRS				
HOURS	MON-THURS	SAT	MEMBER FEE	ALL OTHER MEMBERSHIPS
SPRING*	4:00-8:00PM	9:00AM-12:00PM	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$6/VISIT/CHILD

*ACE PLACE WILL REMAIN OPEN UNTIL APRIL/MAY 2025. STAY TUNED FOR FURTHER DETAILS. SUBJECT TO CHANGE.

LEARNING TREE PRESCHOOL

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

2025-26 CLASS OFFERINGS

TUITION BASED PROGRAMS

We offer tuition based classes at the Tri-Cities Family YMCA.

CLASS	DAYS	TIMES	MEMBERS	PARTICIPANTS
TWOS *Must be two by Dec. 1st, 2025	T/TH	9:30-11:30 AM	\$175/mo.	\$215/mo.
TWO/THREES *Must be two by Mar. 1st, 2025	M/W	9:30 AM-12:00 PM	\$190/mo.	\$230/mo.
THREES *Must be three by Dec. 1st, 2025	T/TH	9:15-11:45 AM	\$195/mo.	\$235/mo.
THREES *Must be three by Dec. 1st, 2025	M/W/F	9:15-11:45 AM	\$220/mo.	\$260/mo.
THREE/FOURS *Must be three by Mar. 1st, 2025	M/W/F	12:30-3:15 PM	\$225/mo.	\$265/mo.



TUITION FREE PreK for ALL PROGRAMS

We offer PreK for ALL classes at the Tri-Cities Family YMCA and at West Michigan Academy of Arts & Academics.

CLASS	DAYS	TIMES	TUITION
TRI-CITIES FAMILY YMCA LOCATION			
FULL DAY PreK for ALL *Must be four by Dec. 1st, 2025	M-TH	8:30 AM-3:30 PM	ALL PreK for ALL CLASSES ARE TUITION FREE
AFTERNOON PreK for ALL *Must be four by Dec. 1st, 2025	M-TH	12:15-3:15 PM	
WMAAA LOCATION			
FULL DAY PreK for ALL *Must be four by Dec. 1st, 2025	M-TH	8:30 AM-3:30 PM	



WHAT IS PREK FOR ALL? PreK for ALL is a tuition-free preschool, funded by the state (MiLEAP). We are required to follow an enrollment timeline that is implemented by the state. Enrollment is done in phases and enrollments are prioritized by income levels (lowest to highest), however all income levels are eligible for tuition-free preschool through this program. All interested families must complete an [MiECC Application](#). This includes providing your annual household income and supporting documentation.

YOUTH SPORTS

YOUTH SPORTS	AGE	MON	TUES	WED	SAT	CLASS		
						LENGTH	MEMBER	PARTICIPANT
BASKETBALL SKILLS & SCRIMMAGES	Y5-1ST	5:00 PM				1 HR	\$70	\$110
	2ND-4TH	6:00 PM					\$70	\$110
SPORTS & GAMES	4-5 YRS			4:15 PM		30 MIN	\$40	\$80
CARTOONING	6-8 YRS				12:15 PM	1 HR	\$70	\$110
SOCCER BASICS	6-8 YRS			5:00 PM		45 MIN	\$60	\$100
	9-13 YRS			6:00 PM				
PICKLEBALL	6-8 YRS			5:00 PM		45 MIN	\$60	\$100
	9-13 YRS			6:00 PM				
CO-ED VOLLEYBALL	9-13 YRS	6:00 PM				45 MIN	\$60	\$100

TUMBLING

TUMBLING	AGE	MON	TUES	WED	THURS	LENGTH	MEM.	PART.
PRESCHOOL TUMBLING	3-5 YRS	1:00 PM	4:30 PM			30 MIN	\$45	\$85
BEGINNER TUMBLING	6+ YRS			4:30 PM		30 MIN	\$45	\$85
INTERMEDIATE TUMBLING	6+ YRS				4:30 PM	45 MIN	\$60	\$100
ADVANCED TUMBLING	6+ YRS	4:30 PM				45 MIN	\$60	\$100

HEALTHY YOUTH

YOUTH FITNESS POLICY

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

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

STRENGTH TRAINING FOR TEEN ATHLETES

AGES 11-15

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

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



7TH GRADE INITIATIVE

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

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

IT'S EASY TO GET STARTED

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

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.

APRIL 21 | 5:00 – 9:00 PM
MAY 3 | 9:00 AM – 1:00 PM
MAY 12 | 5:00 – 9:00 PM
JUNE 14 | 9:00 AM – 1:00 PM

MEMBERS | \$70 PARTICIPANTS | \$90

AMERICAN RED CROSS BABYSITTER TRAINING AGES 11 & UP

Participants will learn how to:

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

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

APRIL 18-19
FRIDAY | 4:30-7:30 PM
SATURDAY | 8:00 AM – 3:00 PM

MAY 9-10
FRIDAY | 4:30-7:30 PM
SATURDAY | 8:00 AM – 3:00 PM

MEMBERS | \$130 PARTICIPANTS | \$170

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 THREE DAYS to pass.

APRIL 25 | 4:00 PM – 8:00 PM
APRIL 26 | 9:00 AM – 6:30 PM
APRIL 27 | 9:00 AM – 6:30 PM

MEMBERS | \$200 PARTICIPANTS | \$240

Can't attend on the dates listed? Contact Ali Weber, Aquatics Director at ali.weber@tcfymca.org with questions.

AQUATICS



Beginning April 21, 2025:
No group swim lessons; look for expanded lap swim and open swim, as well as other opportunities.

PERSONAL TRAINING

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

Our certified Personal Trainers will help you get results with physical fitness customized for you. They'll encourage and motivate you along the way and help you gain the most benefit from your program, while making steady progress toward your goal. Personal Training puts you on the right path for a successful, lifelong health and wellness journey.

Prepayment and 24-hour cancellation notice required.

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

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

Single 45-Minute Session
MEMBERS | \$40 PARTICIPANTS | \$65
Six 1-Hour Sessions
MEMBERS | \$200 PARTICIPANTS | \$240

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

SMALL GROUP TRAINING

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

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

EQUIPMENT ORIENTATIONS

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

GROUP FITNESS CLASSES

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

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

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

HEALTH COACHING

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

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

BODY COMPOSITION TESTING

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

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

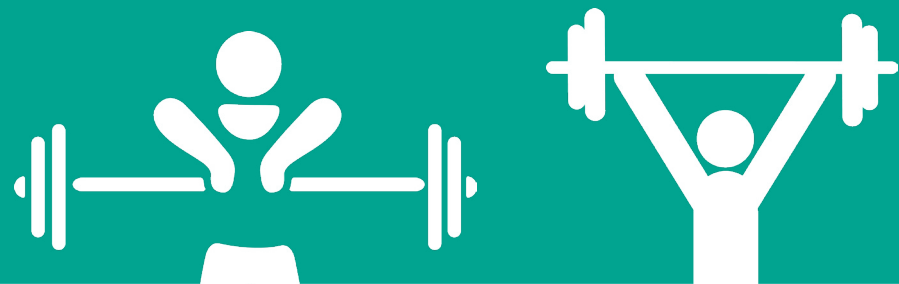
YFIT – FUNCTIONAL FITNESS

Join YFIT Functional Fitness! Join Certified Personal Trainer, Hayley Berry or 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.

WEDNESDAY/FRIDAY 5:45 – 6:30 AM **MEMBERS | \$155** (Limited Space, Exclusive to Members)

WEDNESDAY/FRIDAY 11:00 – 11:45 AM

TUESDAY/THURSDAY 10:30 – 11:15 AM



Diabetes Prevention Program®

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

ADULT TAI CHI

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

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

MONDAYS:
BEGINNER 6:30 PM
ADVANCED 7:30 PM

MEMBERS | \$55 **PARTICIPANTS | \$95**

DROP-IN OPTION:
MEMBERS | \$10 **PARTICIPANTS | \$15**

STRENGTH TRAINING FOR BEGINNERS

Join NASM Certified Personal Trainer, Chris D'Oyly, for small group strength training sessions for beginners! Class will be held in the Weight Room and will focus on use of equipment and proper form, as well as how to format a full body strength workout.

TUESDAYS
6:00–6:50 PM

MEMBERS | \$100 (Limited Space, Exclusive to Members)

Blood Pressure Self-Monitoring Program®

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

PEDALING FOR PARKINSON'S

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

NEW DAYS! TUES / WED / FRI | 10:15 – 11:00 AM

MEMBERS AND PARTICIPANTS: FREE

MONTHLY MEMBER FITNESS CHALLENGES

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

MEMBERS: \$ VARIES

ADULT SPORTS

SPRING ADULT LEAGUES

INDOOR CO-ED VOLLEYBALL QUADS

APRIL 21–MAY 26

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.

AGE **MON** **TEAM FEE**

18+ 7–9 PM \$150

DROP-IN ADULT SPORTS

DROP-IN FUTSAL

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

MON / WED / FRI | 12:00–1:00 PM

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

DROP-IN PICKLEBALL

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

MON	TUES	WED	THUR	FRI	SAT/SUN
1:15–3:15 PM	12–3:15 PM	10 AM–12 PM	12–3:15 PM	1:15–3:15 PM	8–11 AM

MEMBERS | FREE **PARTICIPANTS MON / WED / FRI | \$5**
PARTICIPANTS TUES / THURS / SAT / SUN | \$10

DROP-IN BASKETBALL

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

THURS | 7:15–9:00 PM **SUN | 12:00–2:00 PM**

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

DROP-IN VOLLEYBALL

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

WED | 7:00–9:00 PM (APRIL 2–MAY 28)

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



EVENTS



HEALTHY KIDS DAY

Healthy Kids Day is a national initiative focused on improving the health and well-being of kids and families. Celebrated each year, Ys across the country host community-facing events that teach healthy habits, encourage active play and inspire a lifetime love of physical activity. **STAY TUNED FOR MORE DETAILS!**

TRI-CITIES FAMILY YMCA FOOD PROGRAM

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

YMCA LOBBY

SPRING: MONDAY-FRIDAY | 4:00-5:00 PM

SUMMER*: MONDAY-FRIDAY | 12:00-1:00 PM

**Begins June 9.*

KIDS NIGHT OUT AGES 3-13 YEARS

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

**5:00-8:00 PM
MAY 2 / JUNE 6**

MEMBERS | \$30

PARTICIPANTS | \$40

POPCORN & MOVIE NIGHT AGES 4-12 YEARS

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

**4:30-7:30 PM
MAR 21 / APR 18 / MAY 16**

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

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

CRAFTS FOR KIDS AGES 4-11 YEARS

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

**MOTHERS DAY CRAFT | MAY 10
10:00 AM - 12:30 PM**

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

Y TEA TIME

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

WEDNESDAY MORNINGS

2025 SUMMER RACES

SEE PAGE 3 FOR DATES AND REGISTRATION FOR OUR UPCOMING SUMMER RACES:

- 2025 RAMI Kick-Off to Summer Run
- 2025 Coast Guard City USA Run, presented by Trinity Health Grand Haven