



# HELLO!

Welcome to your place for  
health, wellness, & fun!



YOUTH DEVELOPMENT. HEALTHY LIVING. SOCIAL RESPONSIBILITY.

## Tri-Cities Family YMCA 2024 SPRING/SUMMER PROGRAM GUIDE



# WELCOME

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

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



## 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-1:00PM

## SUMMER

*Begins June 3*

### FACILITY HOURS

MON-THURS: 5:00AM-8:00PM  
FRIDAY: 5:00AM-7:00PM  
SAT-SUN: 7:00AM-3:00PM

### 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



## SESSIONS & REGISTRATION

### SPRING | APR 22-MAY 26

MEMBERS: MAR 25  
PARTICIPANTS: MAR 27

### SUMMER 1 | JUN 3-JUL 14

MEMBERS: MAY 13  
PARTICIPANTS: MAY 15  
*\*NO PROGRAMMING JULY 4*

### SUMMER 2 | JUL 15-AUG 18

MEMBERS: JUN 24  
PARTICIPANTS: JUN 26

### SUMMER CAMP | JUNE 3 - AUG 16

REGISTRATION NOW OPEN! [www.tcfymca.org](http://www.tcfymca.org)

**2024 SUMMER CAMP**  
**GUIDE**

## MEMBERSHIP TYPES AND BENEFITS

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

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

- FREE CHILDCARE SERVICES
- FREE GROUP FITNESS CLASSES
- FREE EQUIPMENT ORIENTATION & BODY COMPOSITION TEST
- REDUCED PROGRAM FEES
- PRIORITY REGISTRATION
- 25 METER POOL
- CARDIO THEATER
- WEIGHT ROOM
- FREE DROP-IN ADULT SPORTS
- SAUNA AND WHIRLPOOL
- FREE ON-SITE COUNSELING
- AND, MORE!

MEMBERSHIP

## HOW DO I REGISTER FOR MEMBERSHIP?

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

1. Go to [tcfymca.org](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.

## FREE ON-SITE COUNSELING

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

Our Licensed Professional Counselor, Andrea, is on-site every Thursday and Friday (click [HERE](#) for schedule). The Mosaic Counseling office is located right outside the East/Gymnastics Gym.

We encourage you to stop by and meet Andrea during her office hours to learn more about what our on-site counseling services include. Everyone can benefit from counseling.



## 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.

"The Y offers such a great variety of programs and the staff are always friendly and helpful! I am also grateful for the Y's partnership with local mental health agencies. They provide opportunities to strengthen your body and mind." - Y Member

### Y TEA TIME

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

WEDNESDAY MORNINGS

### AMERICAN RED CROSS BLOOD DRIVES

Give the gift of life by donating at our upcoming American Red Cross blood drives. In addition to donors, we will also need volunteers to help make these events a success. Please contact Brandy Fisher, Health & Wellness Coordinator, to sign up to be a volunteer at [brandy.fisher@tcfymca.org](mailto:brandy.fisher@tcfymca.org). **DONOR REGISTRATION:** [www.redcross.org](http://www.redcross.org)

MAY 24 | Central Park Place  
 JUNE 28 | Central Park Place  
 JULY 19 | Tri-Cities Family YMCA  
 9:00 AM - 3:00 PM

### MACROS CHALLENGE

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

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

### TRI-CITIES FAMILY YMCA FOOD PROGRAM

The Tri-Cities Family YMCA Food Program distributes FREE snacks and meals to local families, for ages 18 years and younger or 26 years and younger with a disability. For more information, please contact Brandy Fisher at [brandy.fisher@tcfymca.org](mailto: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 3.

### 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!**

MAY 17 / JUNE 14 / JULY 26 / AUG 16



### OPEN GYMNASTICS

AGES 5-16 YEARS

Drop-in to our gymnastics gym to have fun on the equipment, jump around, or work on specific skills. Our trained coaches will be on hand to assist with spotting. All participants must have a waiver on file before participating.

SATURDAYS 10:00 AM - 11:00 AM

MEMBERS | \$10 PARTICIPANTS | \$20

### JUNGLE GYM

WALKING - 5 YEARS

Jungle Gym is a big indoor play area with trampolines, gymnastic equipment, bounce house, slides, tunnels, ride on toys & lots more! **This is a drop-in program for kids and their caregivers.** To ensure your child's safety and enjoyment, parents must take an active role in supervising their children at all times. OPEN TO ALL AGES WHEN THERE IS NO SCHOOL, EXCLUDING SNOW DAYS, AT GHAPS.

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

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

### 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  
 APRIL 5 / MAY 3 / JUNE 7

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 10:00AM ON THE DAY-OF. MUST BE POTTY TRAINED.

5:00-8:00 PM  
 MARCH 15 / APRIL 19 / MAY 17

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

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

### BIRTHDAY PARTIES

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

SATURDAYS AND SUNDAYS - Contact Special Events for availability at [speialevents@tcfymca.org](mailto:speialevents@tcfymca.org)

MEMBERS | \$200 PARTICIPANTS | \$230

### 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 11 | 10:00 AM - 12:30 PM

MEMBERS | \$20  
 PARTICIPANTS | \$30

SUMMER RACES

### 2024 Team GHCM Kick-Off to Summer Run

Saturday, May 25, 2024  
 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.

### 2024 Trinity Health Coast Guard City USA Run

Saturday, July 27, 2024  
 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@tcfymca.org](mailto:kelly.ruffing@tcfymca.org)

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!**

# 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.

The Y has amazing daycare and preschool programs! The staff is wonderful and they genuinely love the kids!  
- Y Member

## 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
SUMMER BEGINS JUNE 3	8:30AM-12:00PM 4:00-7:00PM	8:30AM-12:00PM	9:00AM-12:00PM	10:00AM-2:00PM		

## 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 HOURS - AGES 4-10 YRS				
HOURS	MON-THUR	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
HOURS	MON-FRI	SAT	MEMBER FEE	ALL OTHER MEMBERSHIPS
SUMMER BEGINS JUNE 3	8:30AM-12:00PM	9:00AM-12:00PM	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$6/VISIT/CHILD

# LEARNING TREE PRESCHOOL

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

## TRI-CITIES FAMILY YMCA LOCATION

LEARNING TREE CLASSES	DAYS	TIMES
2 YR OLD PRESCHOOL	T/TH	9:30-11:30 AM
2/3 YR OLD PRESCHOOL	M/W	9:30 AM-12:00 PM
3 YR OLD PRESCHOOL 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	M-TH	9:00 AM-12:00 PM
AFTERNOON PRE-K/GSRP* *Great Start Readiness Program	M-TH	12:30-3:30 PM
YOUNG 5'S	M-F	12:15-3:15 PM

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

## 2024-2025 REGISTRATION

Please contact Kelly Haracourt for registration forms and information: [kelly.haracourt@tcfymca.org](mailto:kelly.haracourt@tcfymca.org) or 616.842.7051 ext 265.



LEARNING TREE PRESCHOOL



CHILDCARE

PRESCHOOL



**SPRING YOUTH SPORTS**  
**5 WEEK SESSION**

	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	PARTICIPANT
<b>BASKETBALL SKILLS</b>	Y5-K		5:00 PM				\$45	\$85
	1ST-2ND		6:00 PM			45 MIN	\$45	\$85
	3RD-4TH	5:00 PM					\$45	\$85
<b>SPORTS &amp; GAMES</b>	4-5 YRS	4:15 PM				30 MIN	\$40	\$80
<b>SOCCER/FUTSAL</b>	6-8 YRS			5:00 PM		45 MIN	\$45	\$85
	9-13 YRS			6:00 PM			\$45	\$85
<b>CO-ED VOLLEYBALL</b>	9-13 YRS	5:00 PM				45 MIN	\$45	\$85
<b>PICKLEBALL</b>	9-13 YRS				5:00 PM	45 MIN	\$45	\$85

HEALTHY YOUTH

**NEW & EXCITING!**

**CARTOONING & ILLUSTRATION | AGES 6-8**

SPRING | SATURDAYS 12:15-1:15 PM  
MEMBERS | \$60 PARTICIPANTS | \$100

NEW! This new class is for kids that are interested in putting their creative minds to the test. Class participants will learn how to draw, cartoon, and illustrate.

**SPRING NINJA**  
**5 WEEK SESSION**

	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	PARTICIPANT
<b>NINJA TINY TOTS</b>	2-3 YRS		4:30 PM 5:00 PM		4:30 PM	30 MIN	\$40	\$80
<b>LIL NINJA</b>	4-5 YRS	4:30 PM 5:30 PM	5:30 PM	4:30 PM		45 MIN	\$50	\$90
<b>BEGINNER NINJA</b>	6-8 YRS			5:30 PM		45 MIN	\$50	\$90
	9-13 YRS			6:30 PM		45 MIN	\$50	\$90
<b>NOVICE NINJA</b> (Must complete/pass Beginner Ninja)	6-8 YRS				5:30 PM		\$50	\$90
	9-13 YRS				6:30 PM	45 MIN	\$50	\$90
<b>INTERMEDIATE NINJA</b> (Must complete/pass Novice Ninja)	8+ YRS	6:30 PM				45 MIN	\$50	\$90
<b>ADVANCED NINJA</b> (COACH RECOMMENDATION)	8+ YRS	7:30 PM				60 MIN	\$60	\$100

**DROP-IN FOR FUN**

**DROP-IN NINJA (SPRING ONLY) | 6+ YEARS**

TUESDAYS 6:30-7:15 PM  
MEMBERS | \$10 PARTICIPANTS | \$20

Join us for Drop-In Ninja every Tuesday! Our Ninja coaches will be there to lend a hand as your Ninja climbs, flips, and swings! All experience levels are welcome.

**SUMMER 1 YOUTH SPORTS**  
**6 WEEK SESSION**

	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	PARTICIPANT
<b>SPORTS &amp; GAMES</b>	4-5 YRS	5:00 PM				30 MIN	\$30	\$70
<b>SOCCER</b>	4-5 YRS				4:30 PM	45 MIN	\$50	\$90
	6-8 YRS				5:30 PM		\$50	\$90
<b>PICKLEBALL</b>	6-8 YRS			5:15 PM		45 MIN	\$50	\$90
	9-13 YRS			6:15 PM			\$50	\$90
<b>TENNIS</b>	6-8 YRS				5:00 PM	45 MIN	\$50	\$90
	9-13 YRS				6:00 PM		\$50	\$90
<b>DROP-IN SAND SOCCER</b>	6-8 YRS		5:15 PM			45 MIN	\$10/ SESSION	\$15/SESSION
	9-13 YRS		6:15 PM				\$10/ SESSION	\$15/SESSION
<b>RUGBY</b>	9-13 YRS	5:30 PM				45 MIN	\$50	\$90
<b>NEW! FIELD HOCKEY</b>	9-13 YRS			5:30 PM		45 MIN	\$50	\$90

**SUMMER 1 NINJA**  
**6 WEEK SESSION**

	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	PARTICIPANT
<b>NINJA TINY TOTS</b>	2-3 YRS		4:30 PM 5:00 PM			30 MIN	\$35	\$75
<b>LIL NINJA</b>	4-5 YRS	4:30 PM	5:30 PM		5:30 PM	45 MIN	\$55	\$95
<b>BEGINNER NINJA</b>	6-8 YRS	5:30 PM			4:30 PM	45 MIN	\$55	\$95
	9-13 YRS			6:30 PM		45 MIN	\$55	\$95
<b>NOVICE NINJA</b> (Must complete/pass Beginner Ninja)	6-8 YRS				6:30 PM		\$55	\$95
	9-13 YRS			5:30 PM		45 MIN	\$55	\$95
<b>INTERMEDIATE NINJA</b> (Must complete/pass Novice Ninja)	8+ YRS	6:30 PM				45 MIN	\$55	\$95



SPRING: APRIL 22-MAY 26 | SUMMER 1: JUNE 3-JULY 14\* | SUMMER 2: JULY 15-AUG 18  
\*NO CLASSES JULY 4

**SUMMER 2 YOUTH SPORTS**  
5 WEEK SESSION

	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	PARTICIPANT
<b>SPORTS &amp; GAMES</b>	4-5 YRS	5:00 PM				30 MIN	\$30	\$70
<b>SOCCER</b>	4-5 YRS				4:30 PM	45 MIN	\$45	\$85
	6-8 YRS				5:30 PM		\$45	\$85
<b>PICKLEBALL</b>	6-8 YRS			5:15 PM		45 MIN	\$45	\$85
	9-13 YRS			6:15 PM			\$45	\$85
<b>TENNIS</b>	6-8 YRS				5:00 PM	45 MIN	\$45	\$85
	9-13 YRS				6:00 PM		\$45	\$85
<b>DROP-IN SAND SOCCER</b>	6-8 YRS		5:15 PM			45 MIN	\$10/ SESSION	\$15/SESSION
	9-13 YRS		6:15 PM				\$10/ SESSION	\$15/SESSION
<b>RUGBY</b>	9-13 YRS	5:30 PM				45 MIN	\$45	\$85
<b>NEW! FIELD HOCKEY</b>	9-13 YRS			5:30 PM		45 MIN	\$45	\$85

**SUMMER 2 NINJA**  
5 WEEK SESSION

	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	PARTICIPANT
<b>NINJA TINY TOTS</b>	2-3 YRS		4:30 PM 5:00 PM			30 MIN	\$30	\$70
<b>LIL NINJA</b>	4-5 YRS	4:30 PM	5:30 PM		5:30 PM	45 MIN	\$50	\$90
<b>BEGINNER NINJA</b>	6-8 YRS	5:30 PM			4:30 PM	45 MIN	\$50	\$90
	9-13 YRS			5:30 PM		45 MIN	\$50	\$90
<b>NOVICE NINJA</b> (Must complete/pass Beginner Ninja)	6-8 YRS				6:30 PM		\$50	\$90
	9-13 YRS			6:30 PM		45 MIN	\$50	\$90
<b>INTERMEDIATE NINJA</b> (Must complete/pass Noivce Ninja)	8+ YRS	6:30 PM				45 MIN	\$50	\$90

HEALTHY YOUTH

**SPRING GYMNASTICS**  
5 WEEK SESSION

	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	PARTICIPANT
<b>PRESCHOOL 2'S</b>	2-3 YRS	4:30 PM		4:30 PM		30 MIN	\$40	\$80
<b>PRESCHOOL BEGINNER</b>	3-5 YRS	5:30 PM		5:30 PM		45 MIN	\$65	\$105
<b>PRESCHOOL INTERMEDIATE</b>	3-5 YRS	6:30 PM		6:30 PM		45 MIN	\$65	\$105
<b>BEGINNER 1</b>	5-15 YRS	4:30 PM		4:30 PM	5:30 PM	55 MIN	\$70	\$110
<b>BEGINNER 2</b>	5-15 YRS	5:30 PM	4:30 PM		4:30 PM	55 MIN	\$70	\$110
<b>INTERMEDIATE 1</b>	5-15 YRS	6:30 PM		5:30 PM	6:30 PM	55 MIN	\$70	\$110
<b>INTERMEDIATE 2</b>	5-15 YRS		5:30 PM	6:30 PM		55 MIN	\$70	\$110
<b>ADVANCED</b> <i>COACH RECOMMENDATION</i>	5-15 YRS	4:30 PM				90 MIN	\$85	\$125
<b>BEGINNER TUMBLING (SPRING)</b>	5-15 YRS		4:30 PM			45 MIN	\$65	\$105
<b>INTERMEDIATE TUMBLING (SPRING)</b>	5-15 YRS		5:30 PM			45 MIN	\$65	\$105
<b>ADVANCED TUMBLING (SPRING)</b> <i>COACH RECOMMENDATION</i>	5-15 YRS		6:30 PM			45 MIN	\$65	\$105

**SUMMER 1 GYMNASTICS**  
6 WEEK SESSION

	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	PARTICIPANT
<b>PRESCHOOL 2'S</b>	2-3 YRS	4:30 PM		4:30 PM		30 MIN	\$40	\$80
<b>PRESCHOOL BEGINNER</b>	3-5 YRS	5:30 PM		5:30 PM		45 MIN	\$65	\$105
<b>PRESCHOOL INTERMEDIATE</b>	3-5 YRS	6:30 PM		6:30 PM		45 MIN	\$65	\$105
<b>BEGINNER 1</b>	5-15 YRS	4:30 PM		4:30 PM	6:30 PM	55 MIN	\$70	\$110
<b>BEGINNER 2</b>	5-15 YRS	5:30 PM	4:30 PM		4:30 PM	55 MIN	\$70	\$110
<b>INTERMEDIATE 1</b>	5-15 YRS	6:30 PM		5:30 PM	5:30 PM	55 MIN	\$70	\$110
<b>INTERMEDIATE 2</b>	5-15 YRS		5:30 PM	6:30 PM		55 MIN	\$70	\$110
<b>ADVANCED</b> (COACH RECOMMENDATION)	5-15 YRS	4:30 PM				90 MIN	\$85	\$125

**GYMNASTICS LEVEL DESCRIPTIONS**



**SPRING: APRIL 22-MAY 26 | SUMMER 1: JUNE 3-JULY 14\* | SUMMER 2: JULY 15-AUG 18**  
\*NO CLASSES JULY 4

## SUMMER 2 GYMNASTICS 5 WEEK SESSION

	AGE	MON	TUES	WED	THURS	CLASS		
						LENGTH	MEMBER	PARTICIPANT
<b>PRESCHOOL 2'S</b>	2-3 YRS	4:30 PM		4:30 PM		30 MIN	\$40	\$80
<b>PRESCHOOL BEGINNER</b>	3-5 YRS	5:30 PM		5:30 PM		45 MIN	\$65	\$105
<b>PRESCHOOL INTERMEDIATE</b>	3-5 YRS	6:30 PM		6:30 PM		45 MIN	\$65	\$105
<b>BEGINNER 1</b>	5-15 YRS	4:30 PM		5:30 PM	5:30 PM	55 MIN	\$80	\$120
<b>BEGINNER 2</b>	5-15 YRS	5:30 PM	4:30 PM		6:30 PM	55 MIN	\$80	\$120
<b>INTERMEDIATE 1</b>	5-15 YRS	6:30 PM		6:30 PM	4:30 PM	55 MIN	\$80	\$120
<b>INTERMEDIATE 2</b>	5-15 YRS		5:30 PM	4:30 PM		55 MIN	\$80	\$120
<b>ADVANCED (COACH RECOMMENDATION)</b>	5-15 YRS	4:30 PM				90 MIN	\$90	\$130
<b>BEGINNER TUMBLING</b>	5-15 YRS		4:30 PM			45 MIN	\$65	\$105
<b>INTERMEDIATE TUMBLING</b>	5-15 YRS		5:30 PM			45 MIN	\$65	\$105
<b>ADVANCED TUMBLING COACH RECOMMENDATION</b>	5-15 YRS		6:30 PM			45 MIN	\$65	\$105

HEALTHY YOUTH

## GYMNASTICS TEAM

TRI-CITIES FAMILY YMCA  
2024-2025 SEASON: BEGINS JUNE 2024

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.

Please contact the Gymnastics Department ([jackie.niemiec@tcfymca.org](mailto:jackie.niemiec@tcfymca.org)) to schedule an evaluation for level placement prior to registering.



11 **SPRING: APRIL 22-MAY 26 | SUMMER 1: JUNE 3-JULY 14\* | SUMMER 2: JULY 15-AUG 18**  
\*NO CLASSES JULY 4

## YOUTH FITNESS POLICY

Safety is our number one priority. The following age guidelines will help to ensure your family's safety while enjoying all that our facility has to offer! **\*Must pass swim test in order to be in pool without parent/guardian supervision. Equipment Orientation is required for ages 11-15 and is recommended for ages 16+.**

YOUTH AGES	POOL	GYM	CARDIO THEATER	NON-EQUIPMENT FITNESS CLASSES	ALL FITNESS CLASSES, EXCEPT SPIN	SELECT WEIGHT EQUIPMENT	FULL USE OF FACILITY AND PROGRAMS
3 MOS-9 YRS WITH DIRECT PARENT/GUARDIAN SUPERVISION	✓	✓					
10 YRS* PARENT/GUARDIAN MUST BE IN THE Y FACILITY	✓	✓					
11-12 YRS* NO PARENT/GUARDIAN SUPERVISION NEEDED	✓	✓	✓	✓		✓	
13-15 YRS* NO PARENT/GUARDIAN SUPERVISION NEEDED	✓	✓	✓		✓	✓	
16+ YRS NO PARENT/GUARDIAN SUPERVISION NEEDED							✓

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

## BABYSITTER TRAINING AGES 11 & UP

Participants will learn how to:

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

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

8:00 AM - 3:00 PM  
JUNE 13 / JULY 18 / AUG 15

MEMBERS | \$110 PARTICIPANTS | \$140

## HIGH SCHOOL BEACH VOLLEYBALL LEAGUE MUST BE ENTERING HIGH SCHOOL IN 2024 (5 WEEK SESSION: JUNE 25-JULY 23)

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 on Tuesdays. Last week will be tournament play.

TEAM FEE | \$40

## 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.

SUMMER 2 | TUESDAYS  
5:00 PM (50 MIN CLASSES)

MEMBERS ONLY | \$65 PER SESSION

## 7TH GRADE INITIATIVE

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

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

### IT'S EASY TO GET STARTED

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

## 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.

MAY 4 | 9:00 AM - 1:00 PM  
MAY 14 | 5:00 - 9:00 PM  
JULY 23 | 5:00 - 9:00 PM  
AUG 13 | 5:00 - 9:00 PM

MEMBERS | \$70 PARTICIPANTS | \$90

## LIFEGUARD RECERTIFICATION

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

MARCH 23 / AUG 10  
8:00 AM - 6:30 PM

MEMBERS | \$105 PARTICIPANTS | \$130

## HOMESCHOOL SWIM LESSONS

Our Homeschool Swim Lessons are perfect for those families who are participating in homeschooling. During these lessons we offer an approved instructor who can work with many Partnerships. Please ask us to ensure we currently work with your Partnership. If you have questions about what level would best fit your child, please contact Ali Weber, Aquatics Director, at [ali.weber@tcfymca.org](mailto:ali.weber@tcfymca.org) or 616-842-7051 ext 239. Homeschool Swim Lessons follow Spring program dates.

SPRING SESSION  
Group 1 (Levels 2-4): Mon & Wed 11:15 AM - 12:00 PM  
Group 2 (Levels 4-6): Mon & Wed 12:15 - 1:00 PM

MEMBERS | \$55 PARTICIPANTS | \$95

## AMERICAN RED CROSS LIFEGUARD TRAINING CLASS

Prerequisites: students must be at least 15 years old, able to swim 300 yards continuously, tread water for 2 minutes (legs only), surface dive to a 10 foot depth and carry a 10 pound weight 20 yards. Upon the successful completion of the written and practical tests, participants will be certified in the following:

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

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

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

MAY 17 | 4:00 PM - 8:00 PM  
MAY 18 | 9:00 AM - 6:30 PM  
MAY 19 | 9:00 AM - 6:30 PM

MAY 31 | 4:00 PM - 8:00 PM  
JUNE 1 | 9:00 AM - 6:30 PM  
JUNE 2 | 9:00 AM - 6:30 PM

MEMBERS | \$185 PARTICIPANTS | \$210

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



## AQUATICS & SAFETY

### SPRING | 1 CLASS/WEEK | 5 WEEK SESSION

	MON	TUES	WED	THUR	SAT	CLASS LENGTH	MEMBER	PARTICIPANT
A/B / WATER DISCOVERY & EXPLORATION	4:45 PM	9:30 AM	4:45 PM		10:00 AM	30 MIN	\$45	\$70
1 / WATER ACCLIMATION	5:45 PM	10:15 AM 4:45 PM 5:45 PM	5:45 PM	10:15 AM 4:45 PM 5:45 PM	11:00 AM	30 MIN	\$55	\$95
2 / WATER MOVEMENT	5:45 PM	11:00 AM 4:45 PM 5:45 PM	5:45 PM	11:00 AM 4:45 PM 5:45 PM	11:00 AM	30 MIN	\$55	\$95
3 / WATER STAMINA	5:30 PM	11:45 AM 5:30 PM	5:30 PM	11:45 AM 5:30 PM	10:45 AM	45 MIN	\$55	\$95
4 / STROKE INTRODUCTION	6:30 PM	10:45 AM 6:30 PM	6:30 PM	6:30 PM	11:45 AM	45 MIN	\$55	\$95
5 / STROKE DEVELOPMENT	6:30 PM	11:45 AM 6:30 PM	6:30 PM	6:30 PM	11:45 AM	45 MIN	\$55	\$95
6 / STROKE MECHANICS	6:30 PM	11:45 AM 6:30 PM	6:30 PM	6:30 PM	11:45 AM	45 MIN	\$55	\$95
ADULT (16+ YRS)			4:45 PM		9:45 AM	45 MIN	\$55	\$95

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

SUMMER 1  
6 WEEK SESSION

SUMMER 2  
5 WEEK SESSION

	MON	TUES	WED	THUR	CLASS LENGTH	MEMBER	PARTICIPANT	MEMBER	PARTICIPANT
A/B / WATER DISCOVERY & EXPLORATION	4:45 PM		4:45 PM		30 MIN	\$55	\$80	\$45	\$70
1 / WATER ACCLIMATION	5:45 PM	4:45 PM 5:45 PM	5:45 PM	4:45 PM 5:45 PM	30 MIN	\$65	\$105	\$55	\$95
2 / WATER MOVEMENT	5:45 PM	4:45 PM 5:45 PM	5:45 PM	4:45 PM 5:45 PM	30 MIN	\$65	\$105	\$55	\$95
3 / WATER STAMINA	5:30 PM	5:30 PM	5:30 PM	5:30 PM	45 MIN	\$65	\$105	\$55	\$95
4 / STROKE INTRODUCTION	6:30 PM	6:30 PM	6:30 PM	6:30 PM	45 MIN	\$65	\$105	\$55	\$95
5 / STROKE DEVELOPMENT	6:30 PM	6:30 PM	6:30 PM	6:30 PM	45 MIN	\$65	\$105	\$55	\$95
6 / STROKE MECHANICS	6:30 PM	6:30 PM	6:30 PM	6:30 PM	45 MIN	\$65	\$105	\$55	\$95

### SUMMER SESSION | 4 CLASSES/WEEK | 2 WEEKS

	MON - THURS	CLASS LENGTH	MEMBER	PARTICIPANT
1 / WATER ACCLIMATION	9:30 AM 10:15 AM	30 MIN	\$85	\$125
2 / WATER MOVEMENT	9:30 AM 10:15 AM	30 MIN	\$85	\$125
3 / WATER STAMINA	10:15 AM 11:15 AM	45 MIN	\$85	\$125
4 / STROKE INTRODUCTION	11:15 AM	45 MIN	\$85	\$125
5 / STROKE DEVELOPMENT	11:15 AM	45 MIN	\$85	\$125
6 / STROKE MECHANICS	11:15 AM	45 MIN	\$85	\$125

### 2 WEEK SESSION DATES

SUMMER 1:

- JUNE 3-JUNE 16
- JUNE 17-JUNE 30
- JULY 1-JULY 14\*

\*No classes July 4.

SUMMER 2:

- JULY 15-JULY 28
- AUG 5-AUG 18

### SWIM LESSON LEVEL DESCRIPTIONS

SPRING: APRIL 22-MAY 26 | SUMMER 1: JUNE 3-JULY 14\* | SUMMER 2: JULY 15-AUG 18  
\*NO CLASSES JULY 4



## 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

## 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 DAY PASS

\*Access to the Y for the whole day.

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

## HEALTH COACHING

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

Six 1-Hour Sessions

MEMBERS | \$230 PARTICIPANTS | \$290

HEALTHY ADULTS

## BODY COMPOSITION TESTING

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

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

PARTICIPANTS | \$30 FOR 1 TEST

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

## EQUIPMENT ORIENTATIONS

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

## ADULT TAI CHI

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

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

FREE TRY-IT CLASS: APRIL 22 | 6:30 PM

SESSION 1: MONDAYS | APRIL 29-JUNE 17

BEGINNER 6:30 PM

ADVANCED 7:30 PM

MEMBERS | \$55 PARTICIPANTS | \$95

SESSION 2: MONDAYS | JULY 8-AUGUST 12

BEGINNER 6:30 PM

ADVANCED 7:30 PM

MEMBERS | \$40 PARTICIPANTS | \$75

## CARDIOGOLF

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.

SPRING: MONDAYS | 12:00 PM | 4-WEEK CLASS (APR 22, 29, MAY 13, MAY 20)

MEMBERS | \$40 PARTICIPANTS | \$75

SPRING: APRIL 22-MAY 26 | SUMMER 1: JUNE 3-JULY 14\* | SUMMER 2: JULY 15-AUG 18

\*NO CLASSES JULY 4

## 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)

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

MON / TUES / THUR | 10:30 - 11:15 AM

MEMBERS AND PARTICIPANTS: FREE

## MELT Method® Workshops

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®!

WEDNESDAYS | MAY 8-29  
5:15 PM

MAY 8 - HAPPY HIPS & LOW BACK  
MAY 15 - NECK, SHOULDERS, & SPINE  
MAY 22 - MELT TO DE-STRESS & DIGEST  
MAY 29 - MELT FOR SLEEP

MEMBERS | 4 SESSIONS: \$100 OR \$30/SESSION  
PARTICIPANTS | 4 SESSIONS: \$145 OR \$50/SESSION

# 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.

SPRING / SUMMER 1 / SUMMER 2

WEDNESDAY/FRIDAY  
5:45 - 6:30 AM

TUESDAY/THURSDAY  
10:30 - 11:15 AM

TUESDAY/THURSDAY  
6:15 - 7:00 PM

MEMBERS | SPRING / SUMMER 2: \$110 (Limited Space, Exclusive to Members)  
MEMBERS | SUMMER 1: \$130 (Limited Space, Exclusive to Members)



# WELLNESS WALKS & WELLNESS HIKES

Our Wellness Walks and Wellness Hikes will be led by Erica Phelps, Registered Dietician and Certified Group Fitness Instructor. Participants will enjoy a walk or hike in our beautiful community, while having the opportunity to ask wellness-related questions. Wellness Walks will be taken on the boardwalk, while our Wellness Hikes will be taken on the trails around and through Mulligan's Hollow.

**WELLNESS WALKS | FRIDAYS | 12:00 PM**  
MAY 17 / JUNE 7

**WELLNESS HIKES | TUESDAYS | 6:30 PM**  
MAY 21 / JUNE 4

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

## Bulletproof Series: Knees, Ankles, and Feet™

Join Lindsay Rycenga, NASM Certified Personal Trainer, for this NEW program offering that focuses on stability, mobility, and strength of ligaments, tendons, and muscles that surround the knees, ankles, and feet. **SPACE IS LIMITED!**

### BEGINNER KNEES WORKSHOP

This workshop is best for individuals who have recently had a knee injury or surgery and have completed rehab, individuals who have had pain, weakness, and/or unsteady knees, and those who struggle with balance.

**TUESDAY, APRIL 23 | 9:30 - 10:15 AM**  
MEMBERS | \$15

### INTERMEDIATE KNEES WORKSHOP

This workshop is best for individuals who want to prehab, or prevent an injury, improve their lifting or running skills, or those with a prior injury or surgery, but not experiencing knee buckling or severe pain and want to continue to rehab.

**TUESDAY, APRIL 30 | 9:30 - 10:15 AM**  
MEMBERS | \$15

### ANKLES & FEET WORKSHOP

This workshop is for individuals with ankle and/or feet pain, discomfort, injury and/or balance issues.

**TUESDAY, MAY 7 | 9:30 - 10:15 AM**  
MEMBERS | \$15

We LOVE the Y because it is so welcoming to ALL and everyone seems so happy to be there! It's a place where you feel less lonely. -Y Member

## HEALTHY ADULTS

### DROP-IN FUTSAL

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

**MON / WED / FRI | 12:00-1:00 PM**

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

### DROP-IN PICKLEBALL

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

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

**MEMBERS | FREE PARTICIPANTS (AM) | \$10**  
**PARTICIPANTS (PM) | \$15**

### DROP-IN BASKETBALL

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

**THURS | 6:00-7:30 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 (MARCH 27-MAY 29)**

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

## DROP-IN SPORTS

### SPRING ADULT LEAGUES

#### INDOOR CO-ED VOLLEYBALL QUADS

**APRIL 15-MAY 20**

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	TEAM FEE
18+	6-8 PM	\$150	N/A

### SUMMER 1 SUMMER 2

### SUMMER 1 & 2 ADULT LEAGUES

#### MEN'S A DIVISION OPEN 18+ SOCCER MEN'S B DIVISION 30+ SOCCER

**JUNE 4-JULY 5 & JULY 16-AUG 20**

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.

AGE	TUES	THURS	SUN	TEAM FEE	TEAM FEE
18+ 30+	TIME TBD			\$450	\$475

#### WOMEN'S 30+SOCCER

**JUNE 6-JULY 3 & JULY 18-AUG 22**

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.

AGE	TUES	THURS	SUN	TEAM FEE	TEAM FEE
30+		TIME TBD		\$450	\$475

#### CO-ED SOCCER

**JUNE 9-JULY 7 & JULY 21-AUG 25**

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!

AGE	TUES	THURS	SUN	TEAM FEE	TEAM FEE
18+			TIME TBD	\$500	\$525

**PLAYING BOTH SUMMER 1 & 2 SESSIONS? ENJOY DISCOUNTED TEAM FEES\*:  
MEN'S/WOMEN'S SUMMER 1 AND 2 | \$825  
CO-ED SUMMER 1 AND 2 | \$925**

\*Contact Jentry Karpin at [jentry.karpin@tcfymca.org](mailto:jentry.karpin@tcfymca.org) to receive discount.



**SPRING: APRIL 22-MAY 26 | SUMMER 1: JUNE 3-JULY 14\* | SUMMER 2: JULY 15-AUG 18**  
\*NO GAMES JULY 4