



**SUMMER CAMP
GUIDE INSIDE**



DISCOVER NEW POSSIBILITIES

2017 SPRING / SUMMER PROGRAM GUIDE

SPRING: APR 24 – JUN 11 • SUMMER 1: JUN 19 – JUL 23 • SUMMER 2: JUL 24 – AUG 27



TRI-CITIES FAMILY YMCA

HOURS OF OPERATION

BUILDING HOURS THROUGH MAY 29

Mon - Thurs: 5:00 AM - 9:30 PM
Friday: 5:00 AM - 9:00 PM
Saturday: 7:00 AM - 6:00 PM
Sunday: 12:00 PM - 5:00 PM

SUMMER HOURS STARTING MAY 30

Mon - Thurs: 5:00 AM - 9:00 PM
Friday: 5:00 AM - 8:00 PM
Sat / Sun: 7:00 AM - 12:00 PM

HOLIDAY SCHEDULE

Easter: April 16 Closed
Memorial Day: May 29 Closed
Independence Day: July 4 Closed
Labor Day: Sept 4 Closed

OUR MISSION

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



616-842-7051



WWW.TCFYMCA.ORG



Tri-Cities Family YMCA

Find all of our pool,
fitness, gym, and
activity schedules
on our website
Google calendar



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

WELCOME TO A BETTER YOU!

When you're part of the Tri-Cities Family YMCA, you're a member of a community that's committed every day to helping you and your family through programs focused on:

YOUTH DEVELOPMENT: All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential.

HEALTHY LIVING: We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives.

SOCIAL RESPONSIBILITY: With our doors open to all, we bring together people from all backgrounds, and support those who need us most. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve.

**FOR A BETTER YOU. FOR A BETTER COMMUNITY. FOR A BETTER COUNTRY.
FOR A BETTER US.**

REGISTRATION:

IN HOUSE @ THE WELCOME CENTER

BY PHONE @ 616-842-7051

ONLINE @ WWW.TCFYMCA.ORG

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

SPRING

APR 24 - JUN 11, 2017
7 week session

REGISTRATION DATES

MEMBERS: MARCH 27

NONMEMBERS: MARCH 29

SUMMER 1

JUN 19 - JUL 23, 2017
5 week session

REGISTRATION DATES

MEMBERS: MAY 22

NONMEMBERS: MAY 24

SUMMER 2

JUL 24 - AUG 27, 2017
5 week session

REGISTRATION DATES

MEMBERS: JUNE 26

NONMEMBERS: JUNE 28

SUMMER CAMP

JUN 12 - SEP 1, 2017
12 one week sessions

REGISTRATION DATES

MEMBERS: MARCH 27

NONMEMBERS: MARCH 29

Summer Camp information begins
on page 21 of this program guide.

SUMMER CAMP HEALTH FORMS

In our continuous efforts to provide the best possible care to our campers, the Tri-Cities Family YMCA is partnering with CampDoc.com.

CampDoc.com is an electronic health record system for camps that will help give our staff instant access to camper health information, a key component in providing quality care.

After registration, you will receive an email from CampDoc.com with information about how to complete your camper's health information. **Health forms must be submitted (and updated annually in order for your child's camp enrollment to be complete).**



MEMBERSHIP AT THE Y

WE ARE SO MUCH MORE THAN A GYM!

The Y is more than a gym. We are a cause - committed to strengthening bodies, minds and communities. We are dedicated to building healthy, confident and secure children and families. Here, surrounded by friends as well as caring, knowledgeable staff, you can grow your spirit, mind and body in ways you never imagined.

At the heart of the Y lies the power to transform - both yourself and the world around you. From our exceptional fitness, sports and aquatics programs, to our preschool, to our fun family and community events, the Y offers an array of options to develop A BETTER YOU.

MEMBERSHIP BENEFITS

- FREE Kids' World & Ace Place*
- FREE Group Fitness Classes
- FREE Equipment Orientation
- FREE Jump Start Program
- FREE Open Rock Climbing
- FREE Towel Service
- Reduced Program Fees
- CrossFit Program
- 25 meter Pool
- HD Cardio Theater
- Weight Room
- Racquetball

*Family & Parent/Child Memberships

MEMBERSHIP TYPES

- Youth: Ages 0-18
- Young Adult: Ages 19-23
- Adult: Ages 24-64
- Family: Two adults over age 22 & any dependents through age 23*
- Couple: Two adults
- Parent/Child: One adult & one child
- Senior: One adult age 65 +
- Senior Couple: Two adults in which one spouse is 65 + *

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

FINANCIAL ASSISTANCE

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

NEW! MY Y IS NOW EVERY Y IN MICHIGAN

Another great reason to belong to the YMCA

The Y movement is for youth development, healthy living and social responsibility.

We want to encourage members to utilize the Y as often as they can. Sometimes, it's more convenient for members to utilize a Y near a workplace or in another region.

Now, Y members have the flexibility to use other Y facilities throughout the state, at no extra charge.

HOW IT WORKS

Simply present your active Y membership card and photo ID at any participating Y and enjoy free access.

Get out, explore Michigan and stay connected to the Y!



SPECIAL EVENTS

SPRING BREAK FUN CAMPS

AGES 4-13 YEARS

When school is out the YMCA is in! Join us for indoor and outdoor adventures, gym time, arts and crafts, and tons of fun! Campers will have daily swim time and opportunities to make new friends while staying healthy, active and engaged! Daily snack provided. Please pack a lunch, water bottle, indoor & outdoor clothes, and suit & towel each day.

MONDAY – FRIDAY, APRIL 3-7

9:00 AM – 4:00 PM

FREE Extended care available:

7:00 AM – 9:00 AM

4:00 PM – 6:00 PM

WEEKLY COST:

MEMBERS: \$140

NONMEMBERS: \$165

DAILY COST:

MEMBERS: \$40/day

NONMEMBERS: \$50/day

HEALTHY KIDS DAY

SUMMER CAMP REGISTRATION SPECIAL

Friday & Saturday, April 28-29

We will be offering \$20 off any Full Day Camp* when you register at the Y on either of these two days.

**One week per child, full pay only – Community Pricing members are not eligible for discount.*



2017 GRAND HAVEN TRIATHLON

Sunday, July 9th

Sprint Distance Triathlon
Olympic Distance Triathlon
Sprint Distance Duathlon

For info/registration, please go to www.grandhaventri.com



Photo courtesy Derek L'Huillier

Klever Innovations

KICK-OFF TO SUMMER RUN

Saturday, May 27, 2017

5K Run/Walk
1 Mile Family Fun Run/Walk
Tot Trot Obstacle Course
Timed chip start and finish
Awards Ceremony



COAST GUARD FESTIVAL RUN

Sponsored by:

North Ottawa Community Health System

Saturday, July 29, 2017

10K Run
5K Run/Walk
1 Mile Family Fun Run/Walk
Tot Trot Obstacle Course
Timed chip start and finish
Awards Ceremony



REGISTER FOR BOTH RACES AT
WWW.TCFYMCA.ORG

FUN FRIDAY NIGHTS!

POPCORN AND MOVIE NIGHTS

AGES 3-10 YEARS

THIRD FRIDAY OF THE MONTH, APRIL – MAY

Drop off the kids and enjoy an evening out! Your child will enjoy dinner, ACE Place fun, games, popcorn and a movie under the supervision of our dedicated and trained staff.

5:30 PM – 8:30 PM

MEMBERS: \$10

NONMEMBERS: \$15

SIBLING DISCOUNT: \$5 off

Registration required by Thursday prior
Children must be potty trained

MOVIE LINEUP:

APRIL Toy Story
MAY Secret Life of Pets

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



KIDS NIGHT OUT

AGES 3-12 YEARS

Drop your kids off for an evening of fun at the YMCA! The kids will enjoy a busy night at the Y while parents get a much needed date night! The evening will be filled with fun activities including a pizza party, bounce house, obstacle courses, crafts, games, gymnastics, glow stick dance party & LOTS MORE! Children must be potty trained.

MAY 5 5:30 PM – 8:30 PM

JUN 23 / JUL 14 / AUG 11 5:00 PM – 7:30 PM

MEMBERS: \$15 NONMEMBERS: \$20

SIBLINGS: \$5

Registration required by Thursday prior to lock-in

GYMNASTICS GIRLS LOCK-IN

AGES 5 YEARS & UP

Your child will have a blast at our gymnastics lock-ins where every month has a different, exciting theme. We will enjoy theme based activities, games, pizza, snacks, movie and of course some open gym! Make sure to pack your sleeping bag so we can camp out on the gymnastics mats!

MAY 19 / JUNE 30 / JULY 21 / AUG 25

7:00 PM – 7:00 AM

COST: \$25

Registration required by Thursday prior to lock-in

VOLUNTEER OPPORTUNITY!

Enthusiastic volunteers are needed to help make our race events a success! Responsibilities include setting up signage on the race route, setting up refreshment tables, helping with registration, passing out t-shirts and water, and cheering on the course! If you would like to volunteer, please email: erica.phelps@tcfymca.org

Healthy Running Series NEW!

The Tri-Cities Family YMCA is pleased to partner with NOCHS and Generation Care to offer a **FREE** monthly series on healthy running for all levels and abilities.

All classes are held at 7:00 pm at: Generation Care, 16760 Lincoln St, Grand Haven

MAR 14: **Good Form Running** with Gazelle Sports

APR 11: **The Importance of Strength & Conditioning as a Supplement to Running** with Scott McKeel, PT, Generation Care

MAY 9: **Developing the Right Training Program from 5k to Marathon:** Panel Presentation and Q & A

JUN 13: **Eating to Run: Meal Planning for Active People** with Erica Phelps, RD, YMCA Registered Dietitian

JUL 11: **Keeping You Running: Common Running Injuries** with Dr. Brett Martin, MD, NOCHS Sports Medicine Physician

AUG 18: **Eating to Run: Supplements and Hydration for Longer Distances** with Erica Phelps, RD, YMCA Registered Dietitian

CHILDCARE PROGRAMS

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

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

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

HOURS	MON – THURS	FRI	SAT	SUN	FAMILY OR PARENT/CHILD MEMBERSHIP	ALL OTHER MEMBERSHIPS AND NONMEMBERS
SPRING	8:15 AM – 8:00 PM	8:15 AM – 3:30 PM <i>NO EVENING HOURS</i>	8:15 AM – 12:30 PM <i>NO EVENING HOURS</i>	12:30 PM – 3:30 PM	FREE	\$4/VISIT/CHILD OR \$10/MONTH/CHILD OR \$99/YEAR/CHILD
SUMMER BEGINS MAY 30	8:15 AM – 1:30 PM 4:30 PM – 7:45 PM	8:15 AM – 1:30 PM <i>NO EVENING HOURS</i>	8:15 AM – 12:00 PM <i>NO EVENING HOURS</i>	CLOSED		

ACE PLACE: THE ACTION CENTER FOR EXPLORATION FOR KIDS AGES 3 – 10 YEARS OLD

Allow your children to explore and discover while you are involved in Y activities **WITHIN THE FACILITY**. Your child has an adventure waiting for them on the rock wall, slides, tunnels, and much more. Parents are welcome to stay and play with their child at no charge or leave them well attended during our Supervised Drop-In times for children 3-10 years and potty trained.
All fees are non-refundable/transferrable and are paid at the Welcome Center.

HOURS	MON – THURS	FRI	SAT	SUN	FAMILY OR PARENT/CHILD MEMBERSHIP	ALL OTHER MEMBERSHIPS AND NONMEMBERS
SPRING	9:00 AM – 11:30 AM 4:30 PM – 8:00 PM	9:00 AM – 11:30 AM 5:00 PM – 7:30 PM <i>NO EVENING HOURS 3RD FRIDAY OF APRIL & MAY</i>	8:30 AM – 3:30 PM <i>NO EVENING HOURS</i>	CLOSED	FREE	\$4/VISIT/CHILD OR \$10/MONTH/CHILD OR \$99/YEAR/CHILD
SUMMER BEGINS MAY 30	8:45 AM – 12:00 PM 4:30 PM – 7:45 PM	8:45 AM – 12:00 PM <i>NO EVENING HOURS</i>	CLOSED	CLOSED		

LICENSED CHILDCARE: PRESCHOOL AND SCHOOL AGE BEFORE & AFTER CHILDCARE

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

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

AGE	MONDAY – FRIDAY	DAILY FEES	WEEKLY FULL DAY FEES
3-12 YEARS	7:00 AM – 6:00 PM	UP TO 4 HOURS MEMBERS: \$25 NONMEMBERS: \$30 OVER 4 HOURS MEMBERS: \$35 NONMEMBERS: \$40	MEMBERS: \$165 NONMEMBERS: \$190

LEARNING TREE PRESCHOOL

NOW REGISTERING FOR 2017-2018 SCHOOL YEAR

The Learning Tree Preschool program provides a rich classroom environment where children are encouraged to discover and explore. Our curriculum helps children develop self-confidence and critical thinking skills. We are dedicated to providing children with the necessary tools to make choices and problem solve on their own.

Call to schedule a tour of our preschool, talk with the teachers, have your questions answered and find out if our program is the right choice for your family. Visit our website for more details.

WWW.TCFYMCA.ORG/
LEARNINGTREE



JUNGLE GYM

WALKING – 6 YEARS W/CAREGIVER

Have a morning where you have the little ones and some free time but scheduled classes aren’t for you? Come enjoy some Jungle Gym time that includes obstacle courses, interactive music, parachute, bounce house, gymnastics equipment, and much more. Parents are required to stay and interact with your child/children.

Mondays, Wednesdays, & Thursdays

10:30 AM – 12:30 PM

MEMBERS: **FREE**

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

ENDS JUNE 2 – RESUMES IN SEPTEMBER

SPRING YOUTH BASKETBALL
CO-ED LEAGUE

YOUNG 5’S – 7TH GRADE

All age divisions will start the night with practice & end the night with game play.

Young 5’s-Kindergarten	THU	5:45 – 7:00 PM
1st –2nd Grades	MON	6:00 – 7:30 PM
3rd-4th Grades	TUE	6:00 – 7:30 PM
5th-7th Grades	THU	7:00 – 8:30 PM

APRIL 10 – MAY 19

MEMBERS: \$60 NONMEMBERS: \$80

LEARNING TREE CLASSES	DAYS	TIMES
2 YR OLD PRESCHOOL	T/TH	9:30-11:30 AM
2/3 YR OLD PRESCHOOL	M/W	9:15-11:45 AM
2/3 YR OLD PRESCHOOL	M/W	12:15-2:45 PM
3 YR OLD PRESCHOOL	T/TH	9:15-11:45 AM
3 YR OLD PRESCHOOL	M/W/F	9:15-11:45 AM
3/4 YR OLD PRESCHOOL	T/TH/F	12:15-3:00 PM
4 YR OLD PRESCHOOL	M-TH	9:00-12:00 PM
4 YR OLD PRESCHOOL Great Start Readiness Program Classroom*	M-TH	12:15-3:15 PM
YOUNG 5’s	M-F	12:15-3:15 PM
SPANISH PRESCHOOL	F	9:00-11:00 AM

All above class offerings are subject to change. See preschool website for further information. Registration must be made in person, not available online.

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

KARATE

AGES 6-12 YEARS

Learn the basic skills of The American Karate System (AKS) such as: hand and foot techniques, stances, and forms will be explored. Develop physical conditioning and fundamental self defense, while building the foundation for advancing in rank. Emphasis will be on listening skills, self-control, self discipline and respect for everyone.

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

MON or WED 6:45 – 7:45 PM
\$20 additional to take classes both nights

SPRING: MEMBERS: \$50 NONMEMBERS: \$80 SUMMER: MEMBERS: \$40 NONMEMBERS: \$70



LET THE ADVENTURE BEGIN

PARENT / TOT CLASSES			MON	TUES	WED	THURS	FRI	CLASS LENGTH
REQUIRE PARENT PARTICIPATION								
ROLLIE POLIES In this class your child will be introduced to basic tumbling movements – rolls, animal walks, balance and self-confidence.	12-24 MONTHS	SPRING	5:30 PM	10:30 AM		11:30 AM	9:30 AM	40 MIN
		SUMMER	5:30 PM					40 MIN
MUSIC & MOVEMENT Movement will be explored through music and large motor play. Props, parachute, bean bag, balls, and so much more will be used in this fun environment for you and your child to enjoy together.	18-36 MONTHS	SPRING		9:30 AM	4:30 PM		10:30 AM	40 MIN
		SUMMER				6:30 PM		40 MIN
DANCE GYMNASTICS COMBO Half of each class will focus on basic dance, while the other half will be on the gymnastics equipment working on rolls, jumping, balance and more.	18-36 MONTHS	SPRING	10:30 AM		9:30 AM	5:30 PM	11:30 AM	40 MIN
		SUMMER			5:30 PM			40 MIN
SPORTS SAMPLER A variety of sports will be explored through fun games and partner play. You and your child will enjoy many sports including basketball, soccer, t-ball, gymnastics and more.	18-36 MONTHS	SPRING	6:30 PM	11:30 AM	5:30 PM	4:30 PM	9:30 AM	40 MIN
		SUMMER		5:30 PM				40 MIN
KIDDIE FIT Help your child learn the importance of being active from the start! Gymnastics, sports, dance, yoga & large motor play are just some of the areas of fitness we will introduce in this class!	18-36 MONTHS	SPRING	4:30 PM		6:30 PM	9:30 AM	11:30 AM	40 MIN
		SUMMER			6:30 PM			40 MIN
WIGGLE & READ This story based movement class will encourage your child's imagination to run wild! Each class will begin with a short story, followed by large motor activities to enhance the story and encourage being active!	18-36 MONTHS	SPRING	11:30 AM	6:30 PM	10:30 AM			40 MIN
		SUMMER	6:30 PM					40 MIN
BUSY BEE Your child will learn basic gymnastics skills, while also working on sharing, taking turns, and listening to directions.	2-3 YEARS OLD	SPRING	9:30 AM	5:30 PM	11:30 AM	10:30 AM 6:30 PM	10:30 AM	45 MIN
		SUMMER		6:30 PM		5:30 PM		45 MIN
PRESCHOOL & YOUTH SPORTS								
SPORTS SAMPLER Basketball, soccer, t-ball, golf, kickball, volleyball, floor hockey, and gymnastics are just a few of the sports that will be introduced. Fun games and basic skills will be taught.	3-4 YRS OLD	SPRING	4:30 PM	10:30 AM	5:30 PM	4:30 PM	10:30 AM	45 MIN
		SUMMER	4:30 PM			5:30 PM		45 MIN
	5-8 YRS OLD	SPRING			4:30 PM			45 MIN
		SUMMER	5:30 PM		4:30 PM			45 MIN
SOCCER Basic soccer skills will be taught through fun games and drills. We will touch base on dribbling, shooting, passing, and working together as a team.	3-4 YRS OLD	SUMMER			5:30 PM			45 MIN
T-BALL Beginner class designed to help kids with their hand/eye coordination, as well as build some fundamentals of the game.	3-4 YRS OLD	SUMMER				4:30 PM		45 MIN
SPRING: MEMBERS: \$35 NONMEMBERS: \$65 SUMMER: MEMBERS: \$30 NONMEMBERS: \$60								

PRESCHOOL GYMNASTICS			MON	TUES	WED	THURS	FRI	CLASS LENGTH	MEMBER	NON MEMBER
WIGGLY WORMS This class is perfect for the beginner 3 year old. Skills on all gymnastics events will be introduced. Children will learn basic skills such as jumps and rolls, learn to swing and hang on the bar, and balance on the beam.	BEGINNER 3 YEAR OLDS	SPRING	9:30 AM 5:30 PM	10:30 AM 4:30 PM 6:30 PM	9:30 AM 12:30 PM 5:30 PM	9:30 AM 5:30 PM 6:30 PM	10:30 AM	45 MIN	\$40	\$70
		SUMMER	5:30 PM	4:30 PM	6:30 PM	6:30 PM		45 MIN	\$35	\$50
LEAPIN’ LIZARDS This class is perfect for the beginner 4 year old. Skills on all gymnastics events will be introduced. Children will learn basic skills such as jumps and rolls, learn to swing and hang on the bar, and balance on the beam.	BEGINNER 4 YEAR OLDS	SPRING	9:30 AM 5:30 PM 6:30 PM	9:30 AM 12:30 PM 5:30 PM	9:30 AM 4:30 PM 5:30 PM	9:30 AM 6:30 PM	10:30 AM	45 MIN	\$40	\$70
		SUMMER	6:30 PM	5:30 PM	5:30 PM	4:30 PM		45 MIN	\$35	\$50
KRAZY KANGAROOS This class is perfect for the beginner 5 year old. Skills on all gymnastics events will be introduced. Children will learn basic skills such as jumps and rolls, learn to swing and hang on the bar, and balance on the beam.	BEGINNER 5 YEAR OLDS	SPRING	4:30 PM 6:30 PM	9:30 AM 5:30 PM	4:30 PM 6:30 PM	5:30 PM	9:30 AM	55 MIN	\$50	\$80
		SUMMER	4:30 PM	6:30 PM	4:30 PM	5:30 PM		55 MIN	\$35	\$50
CLIMBING CUBS This advanced 3’s class is for those who have mastered the Wiggly Worm skills. The main focus is cartwheels, handstands, pullovers on bars & high beam. Coach recommendation required to register.	ADVANCED 3 YEAR OLDS	SPRING	12:30 PM 6:30 PM	10:30 AM 5:30 PM	9:30 AM 6:30 PM	4:30 PM	9:30 AM	45 MIN	\$40	\$70
		SUMMER	4:30 PM	6:30 PM	5:30 PM	5:30 PM		45 MIN	\$35	\$50
FLIPPIN’ FISH This advanced 4’s class is for those who have mastered the beginner level skills. The main focus is cartwheels, handstands, pullovers on bars & high beam. Coach recommendation required to register.	ADVANCED 4 YEAR OLDS	SPRING	12:30 PM 4:30 PM	11:30 AM 6:30 PM	12:30 PM 6:30 PM	4:30 PM 5:30 PM	9:30 AM	45 MIN	\$40	\$70
		SUMMER	5:30 PM	4:30 PM	6:30 PM	4:30 PM		45 MIN	\$35	\$50
TUMBLING TIGERS This advanced 5’s class is for those who have mastered the beginner level skills. The main focus is cartwheels, handstands, pullovers on bars & high beam. Coach recommendation required to register.	ADVANCED 5 YEAR OLDS	SPRING	5:30 PM	4:30 PM 6:30 PM	5:30 PM	6:30 PM		55 MIN	\$50	\$80
		SUMMER	6:30 PM	5:30 PM	4:30 PM	6:30 PM		55 MIN	\$35	\$50
SUPER STARS For gymnasts who have mastered a cartwheel & handstand showing great potential for our team program! This class is more detailed and structured and is a great stepping stone between our preschool & recreation programs as well! Coach recommendation required to register.	PRE-TEAM 4-5 YEAR OLDS	SPRING		6:30 PM				55 MIN	\$50	\$80
		SUMMER		6:30 PM				55 MIN	\$35	\$50
JUMPIN JAGUARS This class allows “boys to be boys” while getting familiar with gymnastics equipment. They will run, jump, climb, roll, and bounce their way through the obstacle courses.	BEGINNING 4-5 YEAR OLDS	SPRING	9:30 AM 4:30 PM	10:30 AM 5:30 PM 6:30 PM	4:30 PM 5:30 PM	5:30 PM 6:30 PM	10:30 AM	45 MIN	\$40	\$70
		SUMMER	4:30 PM	5:30 PM	4:30 PM	6:30 PM		45 MIN	\$35	\$50
POUNCING PANTHERS This class allows “boys to be boys” while getting familiar with gymnastics equipment. The main focus on this class will be more challenging gymnastics skills and Ninja obstacle courses! Coaches recommendation required to register.	ADVANCED 4-5 YEAR OLDS	SPRING	5:30 PM 6:30 PM	11:30 AM 4:30 PM	6:30 PM	4:30 PM	11:30 AM	45 MIN	\$40	\$70
		SUMMER	5:30 PM	6:30 PM	5:30 PM	4:30 PM		45 MIN	\$35	\$50

FLEX YOUR SKILLS

GIRLS GYMNASTICS AGES 6-15						CLASS LENGTH	MEMBER	NON MEMBER
		MON	TUES	WED	THURS			
BEGINNING GYMNASTICS 1 Designed for children who are at a beginner level. Children will work on rolls, cartwheels, bridges and handstands on floor. Bar work will consist of intro to front supports and casts. Beam will work on basic balance skills. Vaulting includes running techniques and spring board approach with proper body shape and safety on all equipment.	SPRING	4:30 PM 6:30 PM	5:30 PM 6:30 PM	5:30 PM 6:30 PM	4:30 PM 5:30 PM	55 MIN	\$50	\$80
	SUMMER	4:30 PM 6:30 PM	5:30 PM	6:30 PM	4:30 PM 5:30 PM	55 MIN	\$35	\$60
BEGINNING GYMNASTICS 2 This class is for those who have completed Beginning 1 and have teacher approval. Children will build on all Beginning 1 skills, increasing skill difficulty on all equipment. Requirements: must be able to walk on high beam without assistance, good concept of cartwheels, handstands, bridges, and front support on bars.	SPRING	4:30 PM 5:30 PM	4:30 PM 6:30 PM	4:30 PM 5:30 PM	5:30 PM 6:30 PM	55 MIN	\$50	\$80
	SUMMER	5:30 PM	4:30 PM 6:30 PM	4:30 PM 5:30 PM	6:30 PM	55 MIN	\$35	\$60
INTERMEDIATE GYMNASTICS 1 Gymnasts must have completed Beginning 2 and teacher approval. Continued skill difficulty and flexibility will be worked on all events. Requirements: pullover and concept of a back hip circle on bars, excellent cartwheel, handstand & bridge kickover on floor, and kneeling cartwheel to handstand dismount on beam.	SPRING	4:30 PM 5:30 PM	4:30 PM 6:30 PM	4:30 PM 5:30 PM	4:30 PM 6:30 PM	55 MIN	\$50	\$80
	SUMMER	5:30 PM	5:30 PM	4:30 PM	6:30 PM	55 MIN	\$35	\$60
INTERMEDIATE GYMNASTICS 2 Must have completed Intermediate 1 and have teacher approval. We will focus on correct form and perfecting and advancing our skills. Requirements: round off and backbend on floor, cartwheel handstand dismount on beam, and pullover back hip circle on the bars.	SPRING	6:30 PM	4:30 PM 5:30 PM	4:30 PM 6:30 PM	5:30 PM	55 MIN	\$50	\$80
	SUMMER	4:30 PM	6:30 PM	5:30 PM	5:30 PM	55 MIN	\$35	\$60
ADVANCED GYMNASTICS 1 Must have completed Intermediate Gymnastics 2 and have teacher approval. This advanced rec class is designed to work on complex skills and body positioning. Requirements: back walkover on the floor, back hip under shoot on bars, and a 3/4 handstand on the beam.	SPRING			6:30 PM		1.5 HR	\$60	\$90
	SUMMER			6:30 PM		1.5 HR	\$35	\$60
ADVANCED GYMNASTICS 2 Must have completed Advanced Gymnastics 1 and have teacher approval. This is our most advanced rec class which is designed to work on more complex skills and perfecting body positions. Requirements: back handspring on tumble track, squat on bars and handstand on beam.	SPRING	6:30 PM				1.5 HR	\$60	\$90
	SUMMER	6:30 PM				1.5 HR	\$35	\$60

GYMNASTICS OPEN GYM
AGES 5 YEARS & UP

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

SATURDAYS 12:30 - 2:00 PM
Ends May 21st

MEMBERS: \$5 NONMEMBERS: \$8



BOYS GYMNASTICS/NINJA AGES 6-15						CLASS LENGTH	MEMBER	NON MEMBER
		MON	TUES	WED	THURS			
BEGINNING BOYS 1 Boys will run, jump, climb, roll, and bounce their way through the obstacle courses set up on the gymnastics equipment. Along with learning basic gymnastics they will also learn confidence, team work & impulse control.	SPRING	4:30 PM	5:30 PM 6:30 PM	4:30 PM	4:30 PM 5:30 PM	55 MIN	\$50	\$80
	SUMMER	6:30 PM	4:30 PM	5:30 PM	5:30 PM	55 MIN	\$35	\$60
BEGINNING BOYS 2 This class is for boys who have passed the Beginner 1 challenges. Boys will build on all Beginning 1 skills, increasing skill difficulty on equipment, obstacle courses & challenges.	SPRING	5:30 PM	4:30 PM	5:30 PM	6:30 PM	55 MIN	\$50	\$80
	SUMMER	5:30 PM	5:30 PM	6:30 PM	5:30 PM	55 MIN	\$35	\$60
INTERMEDIATE BOYS 1 This class is for boys who have passed the Beginner 2 challenges. Boys will build on all Beginning 2 skills, increasing skill difficulty on equipment, obstacle courses & challenges.	SPRING		5:30 PM	6:30 PM		55 MIN	\$50	\$80
	SUMMER		6:30 PM	6:30 PM		55 MIN	\$35	\$60
INTERMEDIATE BOYS 2 This class is for boys who have passed the Intermediate 1 challenges. Boys will build on all Intermediate 1 skills, increasing skill difficulty on equipment, obstacle courses & challenges.	SPRING	6:30 PM		4:30 PM		55 MIN	\$50	\$80
	SUMMER	6:30 PM				55 MIN	\$35	\$60
ADVANCED BOYS 1 This class is for boys who have passed the Intermediate 2 challenges. Boys will build on all Intermediate 2 skills, increasing skill difficulty on equipment, obstacle courses & challenges.	SPRING				6:30 PM	55 MIN	\$60	\$90
	SUMMER				6:30 PM	55 MIN	\$35	\$60

TUMBLING AGES 6-15								
TUMBLING LEVEL 1 Our focus in Tumbling 1 will be on forward rolls, backward rolls, cartwheel & handstand drills and bridges. Strength building and body positioning will also be a big part of this class.	SPRING	5:30 PM				55 MIN	\$50	\$80
	SUMMER		5:30 PM			55 MIN	\$35	\$60
TUMBLING LEVEL 2 Our focus in Tumbling 2 will be on forward straddle rolls, bwd. pike rolls, perfecting cartwheels, handstands and bridge kick overs, strength building and body positioning will also be a big part of this class.	SPRING				4:30 PM	55 MIN	\$50	\$80
	SUMMER		6:30 PM			55 MIN	\$35	\$60
TUMBLING LEVEL 3 Building upon the basics we will work on one arm cartwheels, round offs, back bends, front limbers. Body strength and awareness are essential for the advancement of skills. Requirements to move to this class: solid cartwheel, handstand and bridge kick over.	SPRING				6:30 PM	55 MIN	\$50	\$80
	SUMMER			5:30 PM		55 MIN	\$35	\$60
TUMBLING LEVEL 4 Our focus in Tumbling 4 will be on back walkovers, front walkovers, back handspring drills & round off rebounds body strength and awareness are essential for the advancement of skills. Requirements to move to this class: cartwheel, handstand, round off, back bend kick-over & front limber.	SPRING	7:30 PM				55 MIN	\$50	\$80
	SUMMER			6:30 PM		55 MIN	\$35	\$60
TUMBLING LEVEL 5 Our focus in Tumbling 5 will be back handsprings, front handsprings, round off back handsprings, aerials, front & back tuck drills. Requirements to move to this class: solid cartwheel, handstand, round off & back walkover.	SPRING			7:30 PM		55 MIN	\$50	\$80
	SUMMER			7:30 PM		55 MIN	\$35	\$60

STRONG SWIMMERS CONFIDENT KIDS

NEW! SWIM LESSON CURRICULUM UPGRADE

As America’s favorite swim instructor and leader in water safety, the YMCA is making some changes in programming to continue to inspire your swimmer to meet goals, take challenges, and grow in confidence and abilities. We will continue to offer lessons for every age and skill level, turning beginners into advanced swimmers and helping those interested in learning how to swim properly improve upon skills and technique. With our low student-to-instructor ratio, your child will continue to receive plenty of personal attention.

You will see that our class names will change and new levels will be added as we begin to transition our programs. Please use the guide below to compare our previous classes to the new YMCA Swim Lesson program to determine which level is appropriate for your child.



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, and 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.

HAVE QUESTIONS?

The Welcome Center is available to answer questions about the swim lessons program.

SWIM LESSONS

SWIMMING LESSON OPTIONS

SPRING SESSION: Sign up for the spring session for lessons once a week for the 7 week session.
SUMMER SESSIONS: Enroll in one of our Summer Sessions for lessons once a week for a 5 week session.
SUMMER TWO WEEK SESSIONS: Your child will go through all of the lessons in a two week period and attend class each day, Monday – Thursday for a two week period (see dates below –not offered to Shrimp classes).
Session 1: June 19–29 Session 2: July 3–13 Session 3: July 17–27 Session 4: July 31–Aug 10 Session 5: August 14–24

SWIM STARTERS – PARENT/CHILD AGES 6 MONTHS THRU 36 MONTHS

SHRIMP Join your child in the water for a wonderful, positive aquatic experience using songs, games and basic skill building play.	SPRING: ONCE A WEEK FOR 7 WEEKS						
	5:45 PM	9:30 AM	6:00 PM	9:30 AM	10:30 AM	30 MIN	\$45
	SUMMER 1 & 2: ONCE A WEEK FOR 5 WEEKS						
	9:30 AM		9:30 AM			30 MIN	\$40

SWIM BASICS – PRESCHOOL AGES 3–5 YEARS

PIKE Beginner with little or no swim experience. Float belts are used.	SPRING: ONCE A WEEK FOR 7 WEEKS						
	5:45 PM	10:00 AM 10:45 AM 5:45 PM	5:45 PM	10:00 AM 10:45 AM 5:45 PM	10:30 AM	45 MIN	\$55
	SUMMER 1 & 2: ONCE A WEEK FOR 5 WEEKS						
	5:30 PM	5:30 PM	5:30 PM	5:30 PM		45 MIN	\$45
PIKE PLUS Little fear, can jump in, put head underwater, eager to swim. Children advance to Eel when they are able to swim 5 ft. with their face in and on their back.	TWO WEEK SESSIONS: MON-THURS EVERYDAY						
	10:00 AM	10:00 AM	10:00 AM	10:00 AM		45 MIN	\$55

SWIM STROKES – YOUTH AGES 5–12 YEARS

POLLIWOG Learn water adjustment, floating, bobs, glides, paddle-stroke, swimming on back and side.	SPRING: ONCE A WEEK FOR 7 WEEKS						
	6:15 PM	6:15 PM	6:15 PM	6:15 PM	11:15 AM	45 MIN	\$55
	SUMMER 1 & 2: ONCE A WEEK FOR 5 WEEKS						
GUPPY Works on longer floating, underwater swimming, front crawl, rotary breathing, back crawl, and deep end swimming.	6:15 PM	6:15 PM	6:15 PM	6:15 PM		45 MIN	\$45
	TWO WEEK SESSIONS: MON-THURS EVERYDAY						
	10:45 AM	10:45 AM	10:45 AM	10:45 AM		45 MIN	\$55

PRIVATE LESSONS AVAILABLE Contact Cheri Krawczyk at cheri.krawczyk@tcfymca.org for availability and pricing

TRI-CITIES GUARDIANS SWIM TEAM

The Tri-Cities Guardians swim team is a collaborative program of the Tri-Cities Family YMCA and Spring Lake Community Fitness & Aquatic Center serving Grand Haven/Spring Lake and surrounding communities for youth ages 7 through high school. The goal of the Guardians Swim team is to give swimmers of all levels (beginners to national-caliber athletes) an opportunity to grow and achieve personal excellence in swimming. The Swim team has 5 different groups that swimmers are assigned to base on ability, age, maturity and goals. The Guardians swim team promotes the values of honesty, caring, respect, and responsibility for the program, coaches, parents, other teams and teammates.

Spring Season Begins April 18
Late Start Begins May 15

For questions, please contact Head Coach Brandon Muma at brandon.muma@tcfymca.org



AMERICAN RED CROSS LIFEGUARD TRAINING CLASS

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

- Lifeguard Training (2 year certification)
- First Aid (2 year certification)
- CPR for the Pro Rescuer (2 year certification)

Class times are subject to change dependent upon class size and abilities of participants. Please pack a lunch. *Must attend BOTH days to pass.*

May 20 & 21	8:00 AM-5:30 PM
June 17 & 18	8:00 AM-5:30 PM
July 15 & 16	8:00 AM-5:30 PM

MEMBERS: \$150 NONMEMBERS: \$200
PLEASE REGISTER IN ADVANCE



TEEN ADVENTURE CENTER

The Teen Adventure Center (TAC) is a safe, social, and engaging environment that anyone in grades 5 -12 can attend after school.

Students who wish to participate in the Teen Adventure Center must get a TAC packet and fill out the enclosed forms before they can attend. They do not have to attend every day, and they do not have to

stay the entire time, but they MUST have the paperwork filled out before they can attend. Parents are welcome to arrange transportation to the YMCA via Harbor Transit by calling 842-3200.

You do not have to be a Y Member to participate, and it's **FREE**

Each day includes an active game or outdoor activity and a healthy snack along with free time for homework or socializing.

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

Teen Center Hours:

Monday - Friday: 3:00 - 6:00 PM
Closed when GHAPS schools are closed.
Closing for summer on June 13th.

sponsored by



TRI-CITIES Kiwanis

BABYSITTER'S TRAINING

AGES 11 & UP

In class, you learn how to:

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

In addition, receive hands-on skills practice and additional training in first aid. Attendees will receive First Aid / CPR / AED 2-year certification.

June 10 and August 12

Class time: 8:00 AM - 3:00 PM

This is a one-day course, please bring a lunch. Pre-registration required / space limited.

MEMBERS: \$100
NONMEMBERS: \$130

ROCK CLIMBING

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

BELAYING

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

OPEN CLIMB

A drop in climbing opportunity for all. Open Tuesday and Friday evenings from 6 - 8 pm. Our wall does require a certified belayer to assist climbers. If our staff is needed there is a \$2 belay fee per evening. Open rock wall hours may vary, see website for updates. Adult supervision and participation is recommended for younger climbers.

ENDS MAY 26 - NO OPEN CLIMB JUNE - AUGUST

MEMBERS: **FREE** *Plus \$2 belay fee if needed*

NONMEMBERS: Pay daily guest pass fee plus \$2 belay fee if needed

YOUTH FITNESS POLICY

AGES 3 MONTHS - 9 YRS

Children 3 months - 9 years old are able to use the pool, gym and racquetball courts with direct parent/guardian supervision. Closely supervise your child while in the facility, unless enrolled in a program, class or childcare.

AGE 10

Youth age 10 and up may use the gym and racquetball court without direct adult supervision. Although direct supervision is not required, a parent/guardian must be present in the Y building with their 10 year old. Youth ages 10 and older must pass a swim test in order to be in the pool without parent/guardian supervision.

AGES 11-12 (7th Grade Membership Initiative)

Youth ages 11-12 must complete an Equipment Orientation with a parent/guardian and pass the Teen Strength Training Test

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

before being allowed to use the cardio and weight rooms. After the parent-child Equipment Orientation is complete, youth can use the appropriate cardio and machine weights without supervision. Welcome to participate in non-equipment based fitness classes (Yoga and Zumba).

AGES 13-15

Youth ages 13-15 must complete an Equipment Orientation and pass the Teen Strength Training Test before being allowed to use the cardio and weight room without supervision. Welcome to participate in fitness classes, excluding Indoor Cycling.

AGES 16+

Youth ages 16 and up have full facility access including cardio and weight room. We do recommend & encourage completion of an Equipment Orientation. Welcome to participate in all fitness classes.

ROCK CLIMBING CLASSES

INCHWORMS

This parent tot class focuses on communication skills, team building, goal setting and safety. Parents will become belay certified as a part of this course.

MT. ACHIEVEMORES

Participants learn the basic movement and climbing techniques designed to challenge all. This progressive class is designed for a variety of climbing levels.

MOUNTAINEERS

For those who have completed the Mt. Achievemore class, this class offers more advanced hand and foot placements and body movements. Participants will learn harness and belay set up, intro to knots, bouldering and safety skills. This class offers advanced technique lessons and route setting.

ROCK ON

For those who would like to pursue becoming belayed certified. Participants will learn harness and belay set up, belay techniques, knots, bouldering, safety skills, and goal setting. This class offers advanced technique lessons and route setting.

45 MIN CLASS: MEMBERS: \$25 NONMEMBERS: \$55
1 HOUR CLASS: MEMBERS: \$30 NONMEMBERS: \$60
OFFERED FOR ONE 5 WEEK SESSION ONLY: APRIL 24 - MAY 27

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

JUMP START YOUR HEALTH!

Our Jump Start program is a new approach to wellness. Jump Start empowers you to tailor your own path to a healthier lifestyle by choosing how you will accomplish your health and wellness goals. The Y will provide you with the knowledge and resources you need to succeed.

There are 4 main components to the Jump Start Program:

- Fitness Assessment that includes 2 **FREE** Body Composition Analysis Tests
- Equipment Orientation
- Food Journal Review by our registered dietician
- Support



Check out our website or ask for Information at the Welcome Center.

EQUIPMENT ORIENTATIONS

Every Member is given the opportunity to go through a **FREE** one time orientation. Equipment orientations will help you learn proper weight lifting technique and how to use the cardio equipment. Orientations last about 45 minutes.



Appointment times and availability vary. Sign-up at the Welcome Center.

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

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



Pre-payment and 24 hour cancellation notice required.

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

MEMBERS:

One hour session \$46
Six sessions \$230

NONMEMBERS:

Additional \$10
guest fee per visit



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



CrossFit is a challenging yet rewarding training program structured around the 10 components of fitness: strength, stamina, endurance, accuracy, power, agility, balance, speed, coordination and flexibility. All WODs (Workout of the Day) can be scaled and are appropriate for all fitness levels. CrossFit classes are conducted as group personal training and designed to allow for personalized instruction with the benefit of encouragement from other participants.

How does a beginner start?

We encourage individuals to join us for a try it class (one per person). Upon joining, you will be integrated into the classes and introduced to various movements based on your current fitness level.

CrossFit pricing

Y Member cost is \$60 per month, via bankdraft. Couples or families with multiple individuals wishing to participate, \$60 for the first individual, \$55 for each additional member.



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

CrossFit Personal Training

MEMBERS:

One hour session \$46
Six Sessions \$230



Class schedule can be found online at crossfitflight.com/grandhaven

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 instructors are ready to motivate you to be your best.

Classes include: HIIT (High Intensity Interval Training), Strength Fusion, Indoor Cycling, Yoga, Zumba and more. Class offerings vary each session. Visit our website to view the fitness calendar. WWW.TCFYMCA.ORG

CLASSES ARE **FREE** TO MEMBERS

ARE GROUP FITNESS CLASSES FOR ME?

GROUP FITNESS IS PERFECT FOR...

- ✓ Someone who is new to exercise or has not exercised in a long time.
- ✓ Individuals that are unsure of where to begin with exercise.
- ✓ Infrequent exercisers that want a well-rounded workout.
- ✓ People with busy schedules that need a full body, time-efficient workout.
- ✓ The experienced exerciser that wants to be challenged.

NEW TO GROUP FITNESS?

HERE ARE A FEW TIPS TO HELP YOU GET STARTED

- ✓ Arrive early and introduce yourself to the instructor
- ✓ Don't be afraid to ask questions
- ✓ If something doesn't feel quite right, ask for help- there's always a modified exercise option!



"I love, love, love the classes! It's what keeps my membership at the Y!"

"The fitness instructors are top notch! I take classes when I travel and other instructors don't hold a candle to the Y!"

~ YMCA Members



BE THE BEST VERSION OF YOU

ADULT SPORTS

NOON BASKETBALL (SPRING SESSION ONLY)
Drop into the YMCA and play a little basketball with colleagues and others who enjoy the game and the exercise!

Monday, Wednesday, & Friday 12:00 – 2:00 PM

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

ADULT SOCCER LEAGUE
Members and nonmembers are invited to participate in fun, but competitive league play! Games will be played at Coast Guard Park. Recreational and competitive leagues available based upon registration. Games are played with a 7 vs. 7 format.

Session 1: June 13 – July 13 **Session 2:** July 18 – August 17

Each of the sessions is 5 weeks long.
Men play Tuesdays, women play on Thursdays

Cost: \$380 per season, per team and must be paid in full by the Friday before the start of each season so that the game schedules may be completed.

KARATE
AGES 13 AND UP
Learn the basic skills of The American Karate System (AKS) such as, hand and foot techniques, stances and forms. Develop physical conditioning and fundamental self defense while building the foundation for advancing in rank.

Monday & Wednesday 6:45 – 7:45 PM

MEMBERS: \$50 NONMEMBERS: \$80

\$20 additional to take classes both nights



MASTERS SWIM TRAINING
AGES 18 AND UP
Coached swim training for competitive swimmers, triathletes, open water swimmers and those looking for a great total body workout. No competitive experience required.

April 24 – June 11
June 19 – July 23
July 24 – August 28

Tuesday and Thursday: 6:30 AM – 7:30 AM

MEMBERS: \$40



HEALTHY AGING

While all ages are welcome in all group fitness classes, the Y does offer a variety of exercise and social opportunities for adults 55 and older. These include Water Works, Fitness For Life and Enhance Fitness®. Please see the online fitness schedule for current class times or pick up a copy at the Welcome Center.

Fitness classes are **FREE** to Members.

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

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

Tuesday, Thursday, Friday 10:30 – 11:15 AM

MEMBERS: **FREE**
NONMEMBERS: \$5 drop in fee per visit

INDOOR PICKLEBALL (SPRING SESSION ONLY)
This sport is a combination of tennis and ping pong; played on a badminton court with a plastic ball and wood paddles.

Tuesday & Thursday 12:00 PM – 2:00 PM

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

MINDFUL LIVING: NAVIGATING STRESS FOR PARENTS

Mindfulness is the intentional, accepting, and non-judgmental focus of one’s attention on the emotions, thoughts, and sensations occurring in the present moment. We are excited to welcome Heather Pease, teacher and mindfulness coach, to the Y for this educational series to share the same mindfulness techniques that she has been presenting to local students and teachers.

The three part series will include navigating personal stress, helping children manage challenges in healthy ways, and conveying a positive response to others we encounter in daily life. While parents are engaged in mindfulness sessions, children in kindergarten through age 12 are invited to enjoy healthy activities with out Wellness Staff. Free childcare is available for children under 5.

May 9, 16, and 23: 6:30 – 7:30 PM
\$25/family for all 3 sessions
OPEN TO THE COMMUNITY FOR SAME PRICE

Please visit our Facebook Page and Website for more health and wellness offerings this Spring and Summer!



We are excited to offer Enhance Fitness® in 2017! This group exercise program helps older adults at all levels of fitness to become more active, energized, and able to maintain their independence. Each one hour class focuses on cardiovascular exercise, strength training, balance, and flexibility. Enhance Fitness® is an evidence-based program proven to increase strength, boost activity levels, and elevate mood. Participant progress is tracked with fitness checks upon joining and again at the completion of the 16 week program.

Classes are Mon / Wed / Fri from 10:45 – 11:45 AM

Inquire at the Welcome Center for next session start dates

MEMBERS: **FREE** NONMEMBERS: \$48

YOU CAN MAKE A DIFFERENCE



GIVING BACK AND PROVIDING
SUPPORT TO OUR NEIGHBORS

STRENGTHEN OUR COMMUNITY AS YOU STRENGTHEN YOURSELF

The generosity of others is at the core of the Y's existence as a nonprofit. It is only through the support of generous volunteers and public and private donors that we are able to support and give back to the communities we serve. In order for our Y to continue to strengthen the Tri-Cities community and impact lives in more meaningful ways, we need your help. Two ways you can help are by giving and volunteering.

Give



Our Annual Campaign allows the Y to provide financial assistance to kids, families, seniors and adults in need so they can experience our programs and services. Some may need to learn to swim and can't afford it. Others may need a place to keep their family active. Y financial assistance lets them do that.

ASK
how you can
MAKE A
DIFFERENCE

Volunteer

Give of your time to help cultivate a community in which we all help one another. There are various types of volunteer opportunities:

- Youth Sports Coach
- Special Events & Projects
- Annual Campaign
- Committees



2017 SUMMER CAMP GUIDE

BEST
SUMMER
EVER



Friendship, Accomplishment, Belonging

FULL DAY CAMPS



The Tri-Cities Family YMCA’s fully licensed and accredited Day Camp is much more than running around outdoors and going home tired – it is a chance for your child to discover new adventures, grow personally, and make new friends and memories. Each week of camp has it’s own “theme” and is packed with activities, crafts, games, music, water fun, sports, field trips and so much more! We utilize our wonderful local parks such as Mulligan’s Hollow, Duncan’s Woods, the splash pad and of course, the beach! Water Safety is an important component of our Day Camp and lessons are included with the cost of camp. Indoor swim lessons along with free swim time is scheduled daily. Join us for one week or the whole summer!

WHAT PARENTS NEED TO KNOW

FULL DAY CAMP HOURS
Monday – Friday 9:00 AM – 4:00 PM

FREE EXTENDED CARE FOR FULL DAY CAMPERS
Pre-camp: 7:00 – 9:00 AM
Post-camp: 4:00 – 6:00 PM

COST
MEMBERS: \$140/week*
NONMEMBERS: \$165/week*

AGE GROUPS
Discovery Camp: Ages 4–5
Adventure Camp: Ages 6–7
Explorer Camp: Ages 8–10
Trailblazer Camp: Ages 11–13

PAYMENT INFORMATION
A \$25 deposit is due at the time of camp registration. The remaining balance must be paid in full the **Wednesday** prior to camp start date and be automatically deducted.

LATE FEES
Late registration may be processed up to 5:00 PM the Friday before the camp start date. Registrations received after Wednesday will be charged an additional \$25 fee.

CANCELLATIONS/REFUNDS
Cancellations must be made 7 days before the camp start date. **DEPOSITS ARE NON-REFUNDABLE.**

HEALTH FORMS
When you register for camp, you will receive an email from CampDoc.com with information about how to complete your camper’s health information. **Health forms must be submitted or updated in order for your child’s camp enrollment to be complete.** Health forms must be submitted the Wednesday prior to the camp start date.

FIELD TRIP FEES*
Camps that offer a field trip during the week may also require (as an option) an additional fee to cover the field trip costs. Fees must be paid in full the Wednesday prior to camp start date. See weekly descriptions for pricing.

A TYPICAL DAY OF CAMP

- 7:00–9:00 AM FREE Extended Care / Pre-camp activities
- 9:00 **CAMP BEGINS: Opening Ceremonies**
- 10:00 Small group activities
- 12:00 Lunch
- 12:45 Small group activities
- 1:45 Daily Swim Instruction and Free Swim Time
- 3:30 Closing Ceremonies
- 4:00 **CAMP DAY ENDS**
- 4:00–6:00 PM FREE Extended Care / Post-camp activities

WHAT TO BRING
Campers should bring a lunch, water bottle, closed toed shoes, swimsuit, towel and sunscreen every day. Healthy snack provided daily.

FINANCIAL ASSISTANCE*
Yes! Thanks to generous donations from individuals and our community partners, funds are available for families who may not be able to afford a day camp experience for their child. We encourage you to start the application process as soon as possible, as funds are limited. Plan to have your application submitted at least two weeks in advance of the camp you would like your child to attend.

CAMP SAFETY & STAFF TRAINING
Camper safety is our #1 priority. Our staff are selected based on their expertise, background and their strong desire to work with children. They are motivated to provide your child a safe and fun camp experience. All staff undergo extensive summer camp training. We cover topics such as team building, character development, conflict resolution, emergency procedures, child abuse awareness and prevention, CPR, first aid and age appropriate activity planning. The Tri-Cities Family YMCA Day Camp is accredited by the American Camp Association (ACA).



WEEKLY CAMP THEMES

SHARK WEEK
WEEK 1: JUNE 12–16
Attention shark lovers, join us for a captivating week full of the ocean’s most feared creatures, sharks! We will learn shark facts, have shark trivia challenges, search for shark artifacts, play deep sea games, and much more! Whether you love or fear this creature of the deep, this week will be sure to thrill! This week will be highlighted with walking visits to our local museum.

SECRETS AND SPIES
WEEK 2: JUNE 19–23
Calling all secret agents! It’s your turn to join the ranks of Director Y’s elite group of spies. Each day is filled with top secret briefings and activities that will put your spy skills and street smarts to the test. You will develop disguises for cover, make and break codes, create and use spy gadgets, go on scavenger hunts, strategize for capture the flag and take part in many more fun activities. Your child will get a taste of what it’s like to be a spy!

TIME TRAVELERS’ WEEK
WEEK 3: JUNE 26–30
If you could travel through time, when and where would you go? Explore your dreams of time travel as we journey to the past and future. Join us for games from the 70’s, crafts from the 80’s, and help us imagine what the future will hold. To add to the fun, Discovery and Adventure Camps will be traveling to the Grand Rapids Children’s Museum and the Explorer and Trailblazer camps will be heading to the Grand Rapids Public Museum (additional \$35 field trip fee).

THE AMAZING RACE
WEEK 4: JULY 3–7 (NO CAMP JULY 4)
Can your team survive? Put on your thinking caps for a week filled with game challenges and clues to secret meeting places! Each camp will participate in team building activities with the creation of team flags, scavenger hunts, noodle tag, ultimate Frisbee, tug of war, and color wars! This week will be the most amazing race from the start to the finish!

SPLASH INTO SUMMER
WEEK 5: JULY 10–14
Dive into a week of water fun! Come and enjoy a week of wild water activities, slip and slides, beach trips, squirt guns, super soakers, water balloons, and a fun field trip to Michigan’s Adventure Theme Park for the Explorer and Trailblazer camps (additional \$50 field trip fee).

GAME ON!
WEEK 6: JULY 17–21
Gamers get ready! This week you will be immersed in all things gaming! LIVE versions of Pokemon and Mario Kart, Angry Bird Challenges, Pac Man crafts, Capture the Flag and Human Hungry Hungry Hippos will fill the week. A field trip for the Explorer and Trailblazer camps to Craig’s Cruisers will also be part of the week (additional \$45 field trip fee).

AROUND THE WORLD
WEEK 7: JULY 24–28
Get your passport stamped as we travel around the world and celebrate different cultures, countries, and customs! This week will be filled with international games, crafts and foods. As an added bonus, this camp is highlighted with a field trip to the John Ball Zoo for all camps to learn about animals from around the world (additional \$35 field trip fee).

COAST GUARD ADVENTURE
WEEK 8: JULY 31–AUGUST 4
Join us as we celebrate our wonderful community and participate in fun activities and adventures that are all part of the Coast Guard Festivities. Watch the Coast Guard Ships come in, tour vessels and attend Coast Guard Kid’s Day!



WACKY WATER WEEK
WEEK 9: AUGUST 7–11
Cool down in the summer heat with our wacky water fun! Come ready to get wet and enjoy swimming, water games, relays, water balloons and team competitions. This week the Explorer and Trailblazer camps will travel to Michigan’s Adventure Theme Park (additional \$50 field trip fee).

INVENTORS’ WORKSHOP
WEEK 10: AUGUST 14–18
Come to camp with your minds sharp and ready for invention! Use recycled materials to build masterpieces, get messy with slime, design a vessel for the egg drop experiment, and create a doughnut catapult! The Trailblazer camp will be traveling to Hoffmaster State Park to try their hands at archery, take nature hikes, and explore the DNR’s nature center (additional \$30 field trip fee).

CAPTAIN Y AND THE SUPER CAMPERS
WEEK 11: AUGUST 21–25
Calling all Superheros! Grab your cape, your shield, your mask, and get ready to show your strength in this week of crime fighting. Superhero themed games, obstacle courses, costume making, face painting, and team building will be just a few of the many activities your superhero will enjoy!

BEST OF THE BEST
WEEK 12: AUGUST 28 – SEPTEMBER 1
It’s time to wrap up the summer with your favorite games and activities from summer camp! All campers will shine in each individual camp’s mini talent shows. The week will be jam packed with karaoke, skits, classic games, and never ending fun. Let’s go out with a bang!

HALF DAY CAMPS

For preschool aged children and kids who have special interests, we offer a wide variety of half day camps. Campers can explore their interests with like minded children and learn new skills in a safe and fun environment. The camps are listed in age appropriate groups and divided into two categories:

LEARNING TREE CAMPS

Skilled teachers provide an exciting and safe environment for your camper to develop their active imaginations through hands-on activities. All of our camps are specifically designed for children 2 to 5 years old and are filled with fun themed activities in arts and crafts, music, games, and so much more! Send your camper each day with a healthy snack and a big smile! If a half day of fun isn’t enough, we offer extended care through our licensed childcare program.

SPORTS & SPECIALTY CAMPS

Whether your child likes to kick, throw, cast, balance, climb, swing or spike... we’ve got you covered! Our sports camps offer specialized training in a day camp setting that is designed to teach sports skills, fair play, teamwork and sportsmanship while reinforcing the values of caring, honesty, respect, and responsibility. Our specialty camps provide kids with a variety of imaginative activities that make sure they have fun while making new friends, building self-confidence and discovering the world around them. Our carefully selected counselors work with campers on skill building in arts and crafts, gaming, cooking and more.

WHAT PARENTS NEED TO KNOW

HALF DAY CAMP HOURS

AM CAMPS: 9:00 AM – 11:30 AM

PM CAMPS: 12:30 PM – 3:00 PM

COST

See bottom of each table for pricing information.

PAYMENT INFORMATION

A \$25 deposit is due at the time of camp registration. The remaining balance must be paid in full the **Wednesday** prior to camp start date and be automatically deducted.

LATE FEES

Late registration may be processed up to 5:00 PM the Friday before the camp start date. Registrations received after Wednesday will be charged an additional \$25 fee.

CANCELLATIONS/REFUNDS

Cancellations may be made 7 days before the camp start date. DEPOSITS ARE NON-REFUNDABLE.

HEALTH FORMS

When you register for camp, you will receive an email from CampDoc.com with information about how to complete your camper’s health information. **Health forms must be submitted or updated in order for your child’s camp enrollment to be complete.** Health forms must be submitted the Wednesday prior to the camp start date.

WHAT TO BRING

Campers should bring a healthy snack and water bottle every day!



IF A HALF DAY IS NOT ENOUGH...

We offer children ages 4-13 the option of joining our traditional full day camps for the rest of the day at a special rate. Just add \$85 (\$95 for non-members) to the price of any half day camp.

For children ages 3-12, we also offer additional hours of child care before or after our half day camps through our licensed childcare program.

See page 6 in this program guide for pricing information.

LEARNING TREE CAMPS AGES 2 – 3

DANIEL TIGER & FRIENDS

Join Daniel Tiger, Katerina Kittycat, O the Owl and friends in songs, games, and crafts. Together we will learn to be a good friend, take turns, and have fun!

ARTS OF ALL SORTS

It’s time to draw, paint, collage, and create! We will use our fingers, toes, and imaginations to create mini masterpieces! Creativity and fun are waiting for you!

WILD WEST ROUND-UP

YEEHAW! Rounding up all cowboys and cowgirls! It’s time to wrangle up some fun! Giddy-up and join this outlaw adventure!

OCTONAUTS’ OCEAN ADVENTURE

Help the Octonauts explore the ocean in search of adventure and fun! This camp will be filled with deep sea crafts, games, and fun!

JURASSIC JOURNEY

Join us for a fun filled week where dinosaurs come back to life! We will unearth dinosaur bones, study tracks, and move and groove to dino dances all while having fun!

A BUG’S LIFE

Caterpillars, ladybugs, and fireflies oh my! Discover the great big world of bugs and everything that goes buzz! We will have fun learning about bugs that creep, crawl, and fly!

LITTLE EINSTEINS’ SCIENCE CAMP

Send your little scientist on a super-sized sensory journey! We will find out what sinks and what floats, what fizzes and pops, and so much more!

SUPERHEROS TO THE RESCUE

Up, up, and away! Calling local caped crusaders to perfect their powers, battle evil villains, and save the world! Make your very own superhero cape and shield and become invincible!

THE BACKYARD BARNYARD

What can be more fun than the farm? Learn all about cows that go “moo”, pigs that go “oink”, and roosters that go “cock-a-doodle-doo”!

BUBBLES, BALLS, & BALLOONS

Welcome to a bouncing, popping, exciting good time! Whether you blow it up, kick it, or chase it you’ll have fun and learn a few tricks with these summer favorites.

ALL CAMPS 9:00 AM – 11:30 AM MEMBERS: \$60 NONMEMBERS: \$75 NO POTTY TRAINING REQUIRED



SPORT & SPECIALTY CAMPS
AGES 2 – 3

	JUN 12-16	JUN 19-23	JUN 26-30	JUL 3-7	JUL 10-14	JUL 17-21	JUL 24-28	JUL 31-AUG 4	AUG 7-11	AUG 14-18	AUG 21-25	AUG 28-SEP 1
TINY TUMBLERS Campers will climb, crawl, jump, and roll through obstacle courses on bars, beam, floor, and vault.	TU/TH		TU/TH			TU/TH			TU/TH			TU/TH
MINI MOVERS Do you have an active little one? Then this camp is perfect for your little mover! Campers will explore creative movement and large motor activities with obstacle courses, music, bean bags, hoops, parachutes and so much more.		TU/TH					TU/TH				TU/TH	
TINY TUTUS This camp will allow your little ballerina to learn basic ballet skills, creative movement and twirl like Angelina Ballerina. All while having lots of fun with girly games and crafts just like the fanciest of them all-Fancy Nancy!					TU/TH					TU/TH		
READ, SET, GO! Campers will gather round to listen to a special story and then our adventure will begin! Large motor activities, fine motor skills, crafts, scavenger hunts and more will be explored to enhance our story of the day.					TU/TH						TU/TH	
ANIMAL EXPLORERS If your little one just loves animals, then this is the perfect camp for them. We will meet the animals at the zoo, head under the sea, visit the jungle bunch and go down to the barnyard. Large motor activities, creative movement, music, kiddie yoga, crafts and more will be used to meet all these furry, feathered and scaly friends!						TU/TH			TU/TH			
PJ MASKS SUPERHERO TRAINING Your little one will enjoy flying, jumping and soaring through activities like superheroes- Cat Boy, Owlette and Gecko. Obstacle courses, gymnastic fun, crafts and more will prepare your little one to be the best hero they can be!							TU/TH			TU/TH		
SEUSSVILLE Come bring your little camper to explore the wonderful world of Dr. Seuss. They will enjoy large motor activities and games, obstacle courses, gymnastic fun, crafts and much more that will take them on many adventures through Seussville!			TU/TH								TU/TH	
LITTLE NINJAS Our campers will enjoy running, jumping, and climbing through activities and obstacle courses that will bring out the ninja in them. This fun and active camp is sure to keep your child moving.		TU/TH				TU/TH			TU/TH			TU/TH
SPORTS SAMPLER Sports Sampler is the perfect camp for your active little one. We will teach the basic skills of kicking, catching and throwing while playing a variety of sports. Soccer, t-ball, basketball, hockey, bowling and gymnastics are just some of the sports that will be explored.	TU/TH						TU/TH			TU/TH		

ALL CAMPS 9:00 AM -11:30 AM MEMBERS: \$40 NONMEMBERS: \$50 NO POTTY TRAINING REQUIRED



LEARNING TREE CAMPS
AGES 3-5

	JUN 12-16	JUN 19-23	JUN 26-30	JUL 3-7	JUL 10-14	JUL 17-21	JUL 24-28	JUL 31-AUG 4	AUG 7-11	AUG 14-18
SHARK WEEK Face your fears and join us for a captivating week full of the ocean’s most feared creatures. Learn about some of the 500 species of sharks, make unique crafts and play silly shark games.	M-F									
SLIME & GRIME This camp will combine science, imagination, and fun! Your little scientist will explore all things sticky, ooey, and fascinating! Lots of crazy experiments will be packed into this week.		M-F								
PRESCHOOL PICASSOS Unleash your inner Picasso and come explore the wonderful world of art! We will get our hands messy and explore a variety of materials and mediums and create many marvelous masterpieces!			M-F							
DRIP, DRIP, SPLASH *No camp July 4th Get ready to make a splash during this wet and wild week of camp! Campers will enjoy various indoor and outdoor water activities. Bring swimsuit, towel, and sunscreen this week.				M-F*						
TOP CHEF COOKING CAMP Get ready for some gourmet fun as we explore the culinary arts. Each day we will prepare a different and delicious dish. The week will include a special trip to the Farmer’s Market for a savory scavenger hunt!					M-F					
SPACE STATION VACATION 3, 2, 1...Blast off! This galactic adventure will be filled with hands-on activities involving the planets, stars, and moon. Make moon rocks, build your own telescope, and create mini rockets!						M-F				
WILD KRATTS CREATUREPEDIA CAMP Be the creature with the Kratt brothers! We will learn about the animal kingdom through fun games and crafts. If you are an animal lover, this is the camp for you!							M-F			
PIRATES VS NINJAS Who will win, Pirates or Ninjas? It will be swashbucklers vs senseis in this epic battle of wits! Recruit your friends and join us for this fantastic adventure!								M-F		
BIG TRUCKS CAMP Vroom, vroom! Get your motors running for some big truck fun! Explore the world of dump trucks, diggers, and big rigs in this revved up camp. Many special rigs will visit this week!									M-F	
SUMMER FIESTA Join us for an end of the year summer fiesta filled with Spanish customs, culture, and traditions. We will learn Spanish while celebrating together. Ole!										M-F

ALL CAMPS 9:00 AM -11:30 AM MEMBERS: \$85 NONMEMBERS: \$95 MUST BE FULLY POTTY TRAINED



SPORT & SPECIALTY CAMPS
AGES 3-5

	JUN 12-16	JUN 19-23	JUN 26-30	JUL 3-7	JUL 10-14	JUL 17-21	JUL 24-28	JUL 31-AUG 4	AUG 7-11	AUG 14-18	AUG 21-25
GIRLS GYMNASTICS Basic gymnastics will be explored through all areas of the gym. Skills will be taught on floor, beam, bars and tumble track.		AM	PM		AM		PM		AM		AM
DANCENASTICS This camp is perfect for the child who just loves dance and gymnastics. We will spend time each day learning basic skills in both areas. A short performance will be held on the last day of camp.		AM				AM				AM	
DANCE/CHEER/GYMNASTICS Allow your child to sample dance, cheer and gymnastics in this week long camp to discover where their interest might be. A short performance will be held on the last day of camp.			AM				AM				PM
DANCING OFF THE PAGES Each day will begin with a fun children’s story related to dance. We will then explore activities related to the book and style of dance each day. Ballet, creative movement and tap are just a few styles that will be introduced.		PM			AM				AM		
SPORTS SAMPLER Your child will sample a variety of sports through the week. Basic skills will be taught with the focus on soccer, basketball, T Ball, floor hockey, gymnastics, golf and much more.	AM			AM	PM		AM		PM		AM
KICK IT! Your child will spend the week exploring sports that involve kicking. We will focus on Soccer, Kickball and Football, as well as basic games and activities to teach how to kick.		AM				PM				AM	
BOYS NINJA / GYMNASTICS CAMP This camp allows boys to be boys while swinging, climbing, jumping & rolling through Ninja obstacle courses and challenges!	PM		AM			AM		PM		AM	
AM CAMPS 9:00 AM – 11:30 AM PM CAMPS 12:30 PM – 3:00 PM MEMBERS: \$85 NONMEMBERS: \$95 MUST BE FULLY POTTY TRAINED											

ALL DAY GIRLS GYMNASTICS CAMP
AGES 6-13

Do you love gymnastics and dream of doing it all day? Here is your chance! Come join us for a week filled with fun team building activities, games and of course lots of gymnastics! We will strengthen old skills and of course learn new skills on each event.

** BRING SACK LUNCH AND AM/PM HEALTHY SNACK

THREE WEEKS TO CHOOSE FROM:
JUN 26-30 JUL 17-21 AUG 7-11
9:00 AM – 3:00 PM

MEMBERS: \$120
NONMEMBERS: \$130



SPORT & SPECIALTY CAMPS
AGES 6-8

	JUN 12-16	JUN 19-23	JUN 26-30	JUL 3-7	JUL 10-14	JUL 17-21	JUL 24-28	JUL 31-AUG 4	AUG 7-11	AUG 14-18	AUG 21-25
GIRLS GYMNASTICS Children will practice a wide range of skills on the various gymnastics equipment. Come ready to learn new skills and improve all skills.		AM			AM		AM	PM		PM	AM
NINJA (BOYS GYMNASTICS) This camp allows boys to be boys while swinging, climbing, jumping & rolling through Ninja obstacle courses! Your child will also enjoy ninja training through the warp wall, ropes, as well as fun ninja challenges.			AM		PM	AM	AM		PM	AM	PM
DANCE / CHEER / GYMNASTICS We love camp! Yes, we do! We love camp! How `bout you? Come join us for a week packed with dancing, cheering and gymnastics! Campers will learn dances, cheers, stunts, jumps, tumbling and gymnastics skills on the Bars, Beam, Floor and Vault!			AM				PM			AM	
DANCE / GYMNASTICS Get ready to dance and tumble in this combo class. Campers will twist and twirl with the dances they learn. Skills on the Bars, Beam, Floor & Vault will also be taught.		PM				AM					PM
CHEER & TUMBLE CAMP We’ve got spirit, yes we do! We’ve got spirit, how `bout you? Campers will learn the fundamentals of cheering with chants, dance, tumbling and group formations.					PM				AM		
TUMBLING (BEGINNER) Your camper will work on the basic tumbling skills for the floor. Forward & Backward rolls, Bridges, Handstands & Cartwheels are some of the skills that will be worked on. No previous tumbling experience required, just an excitement for learning new skills.			AM						PM		
TUMBLING (ADVANCED) Calling all tumblers! If you want to challenge yourself on your tumbling skills this is the camp for you. You must have a good Round Off and a Backbend for this class. We will be building onto those basic skills.						PM					PM
SPORTS SAMPLER Soccer, Basketball, Volleyball, Floor Hockey, Golf, Football and Bowling are just a few of the sports that will be played.		AM			AM		PM		AM		AM
HOOP IT UP BASKETBALL CAMP If you like basketball then you will love our HOOP IT UP! Whether you are a beginner or advanced player, the drills taught at this camp will help you improve your game.					PM						AM
SOCCER We will explore the world of soccer through games and drills focusing on dribbling, passing and shooting.		PM					AM			AM	
ULTIMATE GAMES Dodge ball, four square, gaga pit, squirrel tag, ultimate frisbee and human hungry hippos are just a glimpse of the games that will be played in this active camp.			PM			AM				AM	
ROCK CLIMBING Reach for the peak on your way to developing skills in knot tying, bouldering and top rope climbing on our indoor rock wall. Learn to overcome fear, accept responsibility, and practice decision making. It’s a combination of life skills and adventure!		PM					AM				PM
FISHING Think you can catch the biggest fish? Campers will learn about fishing techniques, knot tying and tackle. Catch varieties of fish like bass, bluegill, sunfish, catfish and more. No experience necessary. OWN POLE OPTIONAL		AM			AM	AM	AM				
SPY KIDS Get ready for a harrowing spy adventure! Super sleuths in training follow clues and connect the dots before it’s too late. Create your own spy kit, participate in scavenger hunts and work together to solve mysteries to keep trouble away from camp!			PM		AM		AM		PM		
AM CAMPS 9:00 AM – 11:30 AM PM CAMPS 12:30 PM – 3:00 PM MEMBERS: \$85 NONMEMBERS: \$95											

CHALLENGE YOURSELF

LEADERS-IN-TRAINING AGES 14-15 YEARS

The Leaders-In-Training (LIT) program is an opportunity for teens to develop skills that will benefit them in their home, school, and community. The program gives teens a safe place during the summer to connect with positive role models and other teens. Participants will have opportunities to provide support and leadership in a variety of camp programs while challenging themselves through personal growth, skill development, and diversity appreciation.

Each week will focus on specific skill development for your teen. These skills are taught through many activities including discussions and team-building challenges, hands-on leadership opportunities; all the while emphasizing the YMCA’s core values of caring, honesty, respect and responsibility.

Meets once a week from 9:00 AM – 4:00 PM Sign up for the whole summer or specific session dates.

FULL SUMMER RATE (10 weeks)
MEMBERS: \$200
NONMEMBERS: \$230

DAILY RATE
MEMBERS: \$40
NONMEMBERS: \$50

LIT AGENDA AT-A-GLANCE

- Week 1: June 20**
Community Education

Week 2: June 27
American Red Cross CPR/First Aid Certification & Babysitter Training

Week 3: July 5
Aquatic Safety & Bicycle Safety

Week 4: July 11
College Campus Tour
- Week 5: July 18**
Community Garden Education & Beach Clean Up

Week 6: July 25
Teen Wellness & Nutrition

Week 7: July 29 & August 1
Volunteerism & Service
Kids’ Day Volunteers
Coast Guard Festival Run Tot Trot
Course Volunteers
- Week 8: August 8**
Intergenerational Wellness
Four Points Center for Successful Aging

Week 9: August 15
Resume Building & Job Hunting

Week 10: August 22
Team Building Activity
Grace Adventure Ropes Course



SPORT & SPECIALTY CAMPS AGES 9-13

	JUN 12-16	JUN 19-23	JUN 26-30	JUL 3-7	JUL 10-14	JUL 17-21	JUL 24-28	JUL 31-AUG 4	AUG 7-11	AUG 14-18	AUG 21-25
GIRLS GYMNASTICS Campers will practice a wide range of skills on the various gymnastics equipment. Come ready to learn and improve skills.		PM			AM		PM			AM	
BOYS GYMNASTICS This camp allows “boys to be boys” while running, jumping, twisting & flipping through obstacle courses on all the gymnastics events!			AM			PM			AM		
TUMBLING (BEGINNER) Your camper will work on the basic tumbling skills for the floor. Forward & Backward rolls, Bridges, Handstands & Cartwheels are some of the skills that will be worked on. No previous tumbling experience required, just an excitement for learning new skills.		PM					PM				AM
TUMBLING (ADVANCED) Calling all tumblers! If you want to challenge yourself on your tumbling skills this is the camp for you. You must have a good Round Off and a Backbend for this class. We will be building onto those basic skills.		AM					AM				PM
DUCT TAPE CREATIONS We all know duct tape has a ton of uses, but did you know you can use it to make some pretty amazing crafts and creations? Using tape of all colors and patterns, campers will have the opportunity to turn a simple household item into amazing works of art!			PM						AM		
CHEER & TUMBLE CAMP We’ve got spirt, yes we do! We’ve got spirt, how `bout you? Campers will learn the fundamentals of cheering with chants, dance, tumbling and group formations.					AM					PM	
ROCK CLIMBING Reach for the peak on your way to developing skills on knot tying, bouldering and top rope climbing on our indoor rock wall. Learn to overcome fear, accept responsibility and practice decision making. It’s a combination of life skills and adventure!			PM						AM		
KARATE Gain self control, confidence and self esteem. Learn the physical and mental aspects of Karate from techniques to forms and self defense.											
FISHING CAMP Think you can catch the biggest fish? Campers will learn about fishing techniques, knot tying and tackle. Catch varieties of fish like bass, bluegill, sunfish, catfish and more. No experience necessary. OWN POLE OPTIONAL		AM	AM		AM	AM	AM				
AM CAMPS 9:00 AM – 11:30 AM PM CAMPS 12:30 PM – 3:00 PM MEMBERS: \$85 NONMEMBERS: \$95											



“Camp really is the best summer ever for everyone involved. I have seen first-hand the positive power of camp. Reserved campers transform into campers who loves camp and are rarely seen not smiling or surrounded by other campers. Kids come to camp searching for a place to belong. Camp provides a great opportunity to create that every day. I wouldn’t give that up for anything.”
–2016 Summer Day Camp Counselor



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

POSTMASTER, DATED MATERIAL, PLEASE DELIVER PROMPTLY!



**LET'S BUILD A BETTER US.
TOGETHER.**

www.tcfymca.org