



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2018 FALL PROGRAM GUIDE TRI-CITIES FAMILY YMCA

FALL 1 SESSION: SEPT 10 - OCT 28  
FALL 2 SESSION: OCT 29 - DEC 16



# MOVING FORWARD TOGETHER FOR A BETTER US



**TRI-CITIES FAMILY YMCA**  
 1 Y Drive • Grand Haven, MI 49417  
 616.842.7051 | www.tcfymca.org

**SUMMER HOURS OF OPERATION**

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

**FALL\* HOURS OF OPERATION**

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

\*BEGINS SEPTEMBER 4, 2018

**2018 HOLIDAY SCHEDULE**

Labor Day: Sept 3 Closed  
 Thanksgiving: Nov 22  
 • Open 7:00 AM - 11:00 AM  
 Christmas Eve: Closed  
 Christmas Day: Closed  
 New Year's Eve: Closed  
 New Year's Day: Closed



**WELCOME TO THE Y**  
**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.

**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.

**MEMBERSHIP BENEFITS**

- FREE Kids' World & Ace Place\*
- FREE Group Fitness Classes
- FREE Equipment Orientation
- FREE Jump Start Program
- FREE Jungle Gym
- Statewide Membership
- Reduced Program Fees
- CrossFit Program
- 25 meter Pool
- HD Cardio Theater
- Weightroom & Racquetball
- FREE Towel Service

\*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 to our Annual Campaign, grants from local funders and direct donations. Applications available at our Welcome Center or our website.

**REGISTRATION INFORMATION**

**FALL 1**  
 SEPT 10 - OCT 28

**REGISTRATION DATES**

MEMBERS: AUGUST 20 NONMEMBERS: AUGUST 22

**FALL 2**  
 OCT 29 - DEC 16

**REGISTRATION DATES**

MEMBERS: OCTOBER 8 NONMEMBERS: OCTOBER 10

**YOU CAN REGISTER:**

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.



Greg Coil, CEO

**MESSAGE FROM THE CEO**

Dear YMCA Family,

As your new CEO, I'm thrilled and honored to join the Tri-Cities Family YMCA! As a native of the Midwest, and specifically West Michigan, I was eager to apply for the opportunity to become your CEO. Growing up in Cascade Township in Grand Rapids, I spent every summer on the shores of Lake Michigan. Our favorite family beach was... you guessed it, Grand Haven.

After graduating from Michigan State University, I found an employment opportunity in New York City in the health and human service sector. Not long thereafter, I found my way to the Y as a counselor in their youth substance abuse prevention program. I had a great run as part of the YMCA of Greater New York. I was fortunate to work with a group of incredible staff and volunteers to open new programs and services, while expanding facilities and operations, especially in communities with great need.

There were three things that attracted me to our Y: first, was a chance to return to beautiful west Michigan; second, was the opportunity to bring the leadership skills I developed as a senior Vice President in the New York City Y, to become your CEO and a part of the community leadership in the Tri-Cities area; and, third was the strong appetite of the staff and volunteers of the Tri-Cities Family YMCA to grow and develop to the next level, building on the great foundation the Y has established in this community for the past 55+ years!

I'm excited to get started and look forward to spending time with our members, parents, kids, and participants to listen and learn about your experience with our Y!

Warm Regards,

**HELLO! WE'RE GLAD YOU ARE HERE!**

**MEET OUR DIRECTORS**

**Greg Coil, CEO**  
 greg.coil@tcfymca.org

**David Burdo, Membership & Marketing Director**  
 david.burdo@tcfymca.org

**Cheri Krawczyk, Aquatics Director**  
 cheri.krawczyk@tcfymca.org

**Meredith Long, Child Development Director**  
 meredith.long@tcfymca.org

**Dave Osborn, Facilities & Maintenance Director**  
 dave.osborn@tcfymca.org

**Erica Phelps, RD, Fitness & Wellness Director**  
 erica.phelps@tcfymca.org

**Katie Steele, Youth Sports Director**  
 katie.steele@tcfymca.org

**Barbara VanOstran, Finance Director**  
 barbara.vanostran@tcfymca.org

**MEET OUR BOARD**

**Kathy Humphrey, Chief Volunteer Chair**

**Chris Streng, Vice Chair**

**Jim Davidson, Treasurer**

**Amylyn Robbins, Secretary**

**Tammy Basil, At-Large**

**Lew Gorbach**

**Jud Highhill**

**Adam Kelly**

**Susan Petrus**

**David Redeker**

**Dan Martin**

# WE PAY ATTENTION TO THE LITTLE THINGS

## 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 for parents while attending classes, using the Y for fitness, or participating in 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. **All fees are non-refundable/transferrable and are paid at the Welcome Center.**

AGE	MONDAY - THURSDAY	FRI	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS AND NONMEMBERS
3 MOS TO 10 YEARS	8:15 AM - 8:00 PM	8:15 AM - 3:30 PM	8:15 AM - 12:30 PM	12:00 PM - 3:30 PM	<b>FREE</b> WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$5/VISIT/CHILD OR \$20/MONTH/CHILD OR \$150/YEAR/CHILD <b>NONMEMBER:</b> \$6/VISIT/CHILD

### 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**. Children up to 10 years old have an adventure waiting for them on the 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. See **pricing below**.

**All fees are non-refundable/transferrable and are paid at the Welcome Center.**

AGE	MONDAY - THURSDAY	FRI	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS AND NONMEMBERS
3 YEARS TO 10 YEARS	9:00 AM - 11:30 AM 4:30 PM - 8:00 PM	9:00 AM - 11:30 AM 5:00 PM - 7:30 PM	8:30 AM - 3:30 PM	CLOSED	<b>FREE</b> WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$5/VISIT/CHILD OR \$20/MONTH/CHILD OR \$150/YEAR/CHILD <b>NONMEMBER:</b> \$6/VISIT/CHILD

### LICENSED CHILDCARE: PRESCHOOL AND SCHOOL AGE 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. Please note: schedules are due, via email, by 3:00 pm on the Wednesday prior to care. A \$15 late fee will be applied.

**HARBOR TRANSIT FRIENDLY! OPEN SNOW DAYS!**

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

AGE	MONDAY - FRIDAY	DAILY FEES	WEEKLY FULL DAY FEES
3 YEARS TO 12 YEARS	7:00 AM - 6:00 PM	MEMBERS: \$40/CHILD/DAY NONMEMBERS: \$45/CHILD/DAY  CANCELLATION FEE: \$15 (WITH 24 HR NOTICE)	MEMBERS: \$190 NONMEMBERS: \$215



## LEARNING TREE PRESCHOOL

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 and Director, and see our program in action. Visit our website for ALL the details: [www.tcfymca.org/learningtree](http://www.tcfymca.org/learningtree)

### 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 <small>Great for older 2's or younger 3's</small>	M/W	9:15-11:45 AM
2/3 YR OLD PRESCHOOL <small>Great for older 2's or younger 3's</small>	M/W	12:15-2:45 PM
3 YR OLD PRESCHOOL <small>Must be potty trained</small>	T/TH	9:15-11:45 AM
3 YR OLD PRESCHOOL <small>Must be potty trained</small>	M/W/F	9:15-11:45 AM
3/4 YR OLD PRESCHOOL	T/TH/F	12:15-3:00 PM
MORNING PRE-K	M-TH	9:00-12:00 PM
AFTERNOON PRE-K/ GREAT START READINESS PROGRAM*	M-TH	12:15-3:15 PM
AFTERNOON PRE-K/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.

### SPRING LAKE LEARNING TREE HOLMES ELEMENTARY AND SPRING LAKE INTERMEDIATE SCHOOL

LEARNING TREE CLASSES	DAYS	TIMES
HALF-DAY AM PRE-K (SLIS)	M-TH	9:00 AM -12:00 PM
HALF-DAY PM PRE-K (SLIS)	M-TH	12:30 PM -3:30 PM
FULL DAY PRE-K GREAT START READINESS PROGRAM* (HOLMES)	M-TH	9:00 AM -3:30 PM

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.



# A PLACE TO BELONG AND GROW

## WINTER BREAK FUN CAMP

AGES 4-12 YEARS

14-15 YEARS (COUNSELOR IN TRAINING OPPORTUNITY)

Don't hibernate this winter break, get unplugged and enroll in our Y Winter Break Fun Camp instead! Winter camps are filled with fun indoor and outdoor activities where kids can play, make new friends, and stay active and healthy! Weekly or daily rates available.

Wednesday, December 26 - Friday, December 28

Wednesday, January 2 - Friday, January 4

9:00 AM - 4:00 PM

FREE Extended care available:

7:00 AM - 9:00 AM

4:00 PM - 6:00 PM

FULL SESSION (6 CAMP DAYS)

MEMBERS: \$175

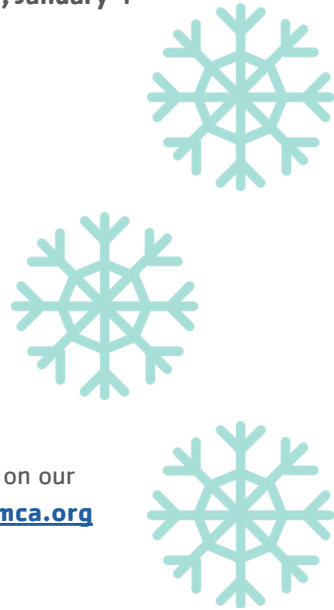
NONMEMBERS: \$210

DAILY COST

MEMBERS: \$40

NONMEMBERS: \$50

More information on 2018 Winter Break Fun Camp available on our website in November. [www.tcfymca.org](http://www.tcfymca.org)



## BABYSITTER TRAINING

In class, youth ages 11 and up 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.

OCTOBER 20

MEMBERS: \$100 NONMEMBERS: \$130

Class time: 8:00 AM - 2:30 PM

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

## DROP N SHOP

AGES 3-12 YEARS

Drop your child off to have fun with our trained staff while you get last minute holiday tasks done! Children will be kept busy with crafts, open gymnastics, games, pizza and MORE!

DECEMBER 8

9:00 AM - 1:00 PM

MEMBERS: \$20 NONMEMBERS: \$25

SIBLINGS: ½ price

Registration required by Friday prior to program. Children must be potty trained.

## KIDS NIGHT OUT

AGES 3-12 YEARS

Skip the hassle of finding a sitter and send kids to the Y for a fun-filled evening. Activities will include pizza, games, bounce houses, obstacle courses, gymnastics, ninja warrior, glow stick dance parties and SO MUCH MORE!

SEP 14 / OCT 12 / NOV 9 / DEC 14

5:30 PM - 8:30 PM

MEMBERS: \$18 NONMEMBERS: \$23

SIBLINGS: ½ price

Registration required by Thursday prior to program. Children must be potty trained.

## FRIDAY NIGHT FLIP OUT

AGES 5 - 12 YEARS (GIRLS ONLY!)

Girls join us for a night you'll FLIP for! Dance Parties, Gymnastics, Manicures, Pizza, Snacks, Fort Dodgeball, Gaga Pit, Movies, Swimming (optional), and tons of FUN!

SEP 28 / OCT 26 / NOV 30

6:30 - 10:30 PM

MEMBERS: \$20 NONMEMBERS: \$30

SIBLINGS: ½ price

Registration required by Thursday prior to program.



## YOUTH FITNESS POLICY

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

AGES 3 MONTHS - 9 YRS

Children 3 months - 9 years old are able to use the pool, gym and racquetball court 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 before being allowed to use the cardio and weight rooms. After the Equipment Orientation is complete, they can use the appropriate cardio and machine weights without supervision and participate in non-equipment based fitness classes.

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. They may participate in all fitness classes.

## HEALTHY OUT OF SCHOOL TIME (formerly TAC)

AGES 11-17 YEARS

The Tri-Cities Family YMCA aims to provide a healthy, engaging environment for students age 11-17. We want to support your child in adopting healthy behaviors. Our HOST programming follows Y-USA's Healthy Eating and Physical Activity Standards. You can expect to find weight training sessions, cardiovascular workouts, and cooking classes on our monthly calendar. Activities are offered from 3:30-4:30 pm, with supervised free-time before and after. One healthy snack is provided each day.

OPENS SEPTEMBER 17th

Healthy Out of School Schedule:

Mon/Wed/Thurs: 3:00 - 5:30 PM

Pre-registration is required.

Follows the GHAPS calendar. No HOST on half days or no school days.

## 7TH GRADE INITIATIVE FREE MEMBERSHIP PROGRAM

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

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

## IT'S EASY TO GET STARTED

1. Bring in a parent/guardian & school I.D. (registration begins August 1, 2018)
2. One-time \$5 registration fee for key tag
3. Complete a couple of quick forms, schedule an orientation and have fun!



## FUN FRIDAY NIGHTS!

### POPCORN AND MOVIE NIGHTS

AGES 3-10 YEARS

THIRD FRIDAY OF THE MONTH, OCTOBER-DECEMBER

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 - 8:30 PM

MEMBERS: \$12

NONMEMBERS: \$17

SIBLING DISCOUNT: \$5 off with each full paying sibling

Registration required by Thursday prior to program. Children must be potty trained.

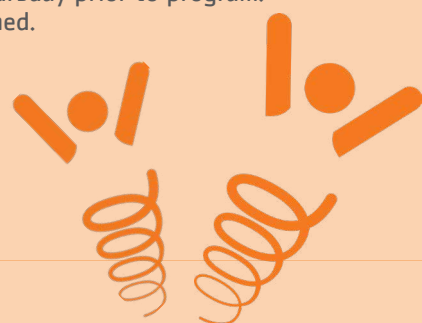
MOVIE LINEUP:

OCT 19 Ferdinand

NOV 16 Coco

DEC 21 Incredibles 2

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



# BUSY BODIES AND ACTIVE MINDS

PARENT / TOT CLASSES		AGE	MON	TUES	WED	THURS	FRI	CLASS LENGTH
<b>ROLLIE POLIE</b> Your child will be introduced to basic tumbling movements. Come climb, crawl, jump and roll through obstacle courses with your little one.	12-24 MOS W/PARENT	9:30 AM		9:30 AM	5:30 PM			40 MIN
<b>MINI MOVERS</b> 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.	18-30 MOS W/PARENT	10:30 AM	5:30 PM	4:30 PM	9:30 AM	11:30 AM		40 MIN
<b>DANCE GYMNASTICS</b> What is your toddler's favorite song to dance to? Get ready to shake, rattle and roll as you partner with your toddler to explore gymnastics and dance. This class will be divided between creative movement, rhythm, and gymnastics.	2-3 YEARS OLD W/PARENT	11:30 AM 5:30 PM	9:30 AM	10:30 AM				45 MIN
<b>SPORTS SAMPLER</b> Help your child learn gross motor basics through a variety of sport specific activities. Games and activities are planned to allow you and your child to explore sports in an age appropriate environment.	2-3 YEARS OLD W/PARENT		4:30 PM	11:30 AM	6:30 PM	10:30 AM		45 MIN
<b>BUSY BEE</b> Children will learn basic Gymnastics skills. With a focus on following directions, our little gymnasts will work on tumbling, hanging, jumping, rolling, and balancing both with and without your help. Transition class into the independent 3's class.	2-3 YEARS OLD W/PARENT	6:30 PM	11:30 AM	5:30 PM	10:30 AM			45 MIN
<b>NINJA Tiny Tots</b> The YMCA has Ninja classes your kids will FLIP for! Little ninjas will enjoy swinging, climbing, jumping, rolling, and balancing through our many Ninja obstacle courses.	12-24 MOS (WALKING) W/PARENT		9:30 AM	10:30 AM		11:30 AM		40 MIN
<b>NINJA Tots</b> Your toddler will FLIP for this Ninja class! Ninjas will swing, climb, jump, roll, and balance through, many Ninja obstacle courses.	2-3 YR OLD W/PARENT		10:30 AM	11:30 AM		9:30 AM		45 MIN
<b>MEMBERS: \$40 NONMEMBERS: \$70 CLASS TIMES ARE THE SAME FOR FALL 1 AND FALL 2 SESSIONS</b>								

NINJA CLASSES		AGE	MON	TUES	WED	THURS	FRI	CLASS LENGTH
The YMCA has Ninja classes your kids will FLIP for! Ninjas will run, jump, roll & flip through obstacle courses & different challenges every week! Test your abilities to climb the rock wall, walk across the slack lines, swing on the ropes and flip over the mats all in our <b>NINJA GYM</b> .								
<b>LIL NINJAS CO-ED</b>	3-4 YEARS OLD		11:30 AM	9:30 AM 5:30 PM	4:30 PM	10:30 AM		45 MIN
<b>NINJA JR Boys</b>	5-7 YEARS OLD	4:30 PM	6:30 PM	6:30 PM	5:30 PM			45 MIN
<b>NINJA JR Girls</b>	5-7 YEARS OLD	5:30 PM	4:30 PM	4:30 PM	6:30 PM			45 MIN
<b>NINJA Boys (Beginner)</b>	8-11 YEARS OLD	6:30 PM	7:30 PM	7:30 PM				45 MIN
<b>NINJA Girls (Beginner)</b>	8-11 YEARS OLD	7:30 PM	5:30 PM					45 MIN
<b>NINJA Teens (Beginner)</b>	12 & UP				7:30 PM			45 MIN
<b>MEMBERS: \$45 NONMEMBERS: \$75 CLASS TIMES ARE THE SAME FOR FALL 1 AND FALL 2 SESSIONS</b>								

PRESCHOOL GYMNASTICS		MON	TUES	WED	THURS	FRI	CLASS LENGTH	MEMBER	NON MEMBER
<b>BEGINNER 3'S</b> Located in our lower level gymnastics room; this class is for 3's who are ready to follow directions without parental assistance. Gymnastics skills on beam, bars, floor and vault will be introduced. <b>Coach recommendation required to move up to Intermediate 3's (next level up in Preschool Gym).</b>	4:30 PM	6:30 PM	6:30 PM	11:30 AM 4:30 PM	9:30 AM		45 MIN	\$45	\$75
<b>INTERMEDIATE 3'S</b> This class is for those who have mastered Beginner 3's and have great listening skills. Your gymnast will work on cartwheels, arm strength on bars, two foot jumps on vault and being comfortable on the high beam. <b>Coach Recommendation is required to register.</b>	5:30 PM	6:30 PM	6:30 PM		9:30 AM		45 MIN	\$45	\$75
<b>ADVANCED 3'S</b> Advanced 3's is for those who have mastered Intermediate 3's. Instruction will be based on skills. Mounting the high beam and jumping off with two feet, working on cartwheels and handstands, jumps on the trampoline, front supports and pull overs on bar. <b>Coach Recommendation is required to register.</b>	4:30 PM	9:30 AM 5:30 PM		6:30 PM			45 MIN	\$45	\$75
<b>BEGINNER 4'S</b> Beginner 4's is perfect for your 4 year old gymnast. Skills will focus on forward and backwards rolls, jumping on and over objects, holding themselves up on bars and getting comfortable with balancing on the beam.	6:30 PM	10:30 AM	5:30 PM	4:30 PM	11:30 AM		45 MIN	\$45	\$75
<b>INTERMEDIATE 4'S</b> This class is for those who mastered Beginner 4's. New skills will be introduced on each event. Focus will be on lunges, introduction to cartwheels, backward rolls, pull over on bars, and mounting beam.	5:30 PM	4:30 PM 6:30 PM	6:30 PM	5:30 PM	9:30 AM		45 MIN	\$45	\$75
<b>ADVANCED 4'S</b> Advanced 4's is for those who mastered Beginner and Intermediate 4's. We will focus on proper form, hand placement (pretty hands), beam mounts and dismounts, cartwheels and handstands on floor, and arm strength on bars. <b>Coach recommendation required to register.</b>	4:30 PM	5:30 PM	4:30 PM	6:30 PM	10:30 AM		55 MIN	\$52	\$82
<b>BEGINNER 5'S</b> Beginner 5's class is perfect for the gymnast who loves to roll, jump and hang on bars. Our staff will take them through a variety of obstacle courses at beam, floor, bars, and vault.	6:30 PM	10:30 AM	5:30 PM	4:30 PM	10:30 AM		45 MIN	\$45	\$75
<b>INTERMEDIATE 5'S</b> This class is for those who mastered Beginner 5's. New skills will be introduced on each event. Class will focus on handstands, mounts and dismounts on high beam, and proper form on bars.	5:30 PM	11:30 AM 4:30 PM	6:30 PM	5:30 PM	11:30 AM		45 MIN	\$45	\$75
<b>ADVANCED 5'S</b> Advanced 5's is for those that have mastered Beginner and Intermediate 5 classes. Gymnasts will focus on proper form, cartwheels, handstands, mounting and dismounting beam, front supports, casts, and pull overs on bars. <b>Coach Recommendation required.</b>	4:30 PM	5:30 PM	4:30 PM	6:30 PM	10:30 AM		55 MIN	\$52	\$82
<b>CLASS TIMES ARE THE SAME FOR FALL 1 &amp; FALL 2 SESSIONS</b>									



# BUILDING COORDINATION AND CONFIDENCE

## TRI-CITIES FAMILY YMCA GYMNASTICS

The YMCA has Gymnastics classes your kids will FLIP for! Our gymnastics program focuses on building strength, increasing flexibility and improving coordination. Gymnasts will be trained on floor, vault, bar, beam and trampoline. New skills will be taught at each level progressing as they move up! Please contact the Gymnastics Department to schedule an evaluation for level placement prior to registering at 616-842-7051 ext 225.

GIRLS GYMNASTICS AGES 6-15					CLASS	MEMBER	NON MEMBER
	MON	TUES	WED	THURS	LENGTH		
<b>BEGINNING GYMNASTICS 1</b>	3:30 PM 4:30 PM 6:30 PM	5:30 PM 7:30 PM	4:30 PM 6:30 PM	5:30 PM 7:30 PM	55 MIN	\$55	\$85
<b>BEGINNING GYMNASTICS 2</b>	3:30 PM 4:30 PM 5:30 PM	4:30 PM 6:30 PM	5:30 PM 7:30 PM	4:30 PM 6:30 PM	55 MIN	\$55	\$85
<b>INTERMEDIATE GYMNASTICS 1</b>	5:30 PM 6:30 PM	4:30 PM 7:30 PM	6:30 PM 7:30 PM	4:30 PM 5:30 PM	55 MIN	\$55	\$85
<b>INTERMEDIATE GYMNASTICS 2</b>	5:30 PM 7:30 PM	5:30 PM 6:30 PM	4:30 PM 5:30 PM	6:30 PM 7:30 PM	55 MIN	\$55	\$85
<b>ADVANCED GYMNASTICS 1</b>		7:15 PM		6:30 PM	1.5 HR	\$75	\$105
<b>ADVANCED GYMNASTICS 2</b>	6:30 PM		7:15 PM		1.5 HR	\$75	\$105
BOYS GYMNASTICS AGES 6-12							
<b>BEGINNING BOYS 1</b>	5:30 PM	4:30 PM	5:30 PM		55 MIN	\$55	\$85
<b>BEGINNING BOYS 2</b>		5:30 PM	4:30 PM		55 MIN	\$55	\$85
<b>INTERMEDIATE BOYS 1</b>	4:30 PM		6:30 PM		55 MIN	\$55	\$85
CLASS TIMES ARE THE SAME FOR FALL 1 & FALL 2 SESSIONS							



## CHEER & TUMBLE

### CHEER, JUMP, & TUMBLE - AGES 3-4

We've got spirit, yes we do! We've got spirit, how 'bout you?! Basics in cheer and tumbling will be taught in this beginner class.

MON TUES WED THURS SAT CLASS LENGTH

9:30 AM 4:30 PM 11:30 AM 45 MIN

### CHEER, JUMP, & TUMBLE - AGES 5-8

We've got spirit, yes we do! We've got spirit, how 'bout you?! Basics in cheer and tumbling will be taught in this beginner class.

4:30 PM 45 MIN

### TUMBLING - AGES 6-15

#### BEGINNER TUMBLING

Basic tumbling skills will be taught. Rolls, cartwheels, handstands & bridges.

4:30 PM 45 MIN

#### INTERMEDIATE TUMBLING

Building on beginner tumbling skills.

6:30 PM 5:30 PM 45 MIN

#### ADVANCED TUMBLING

Must have passed intermediate tumbling or have a coach evaluation to register.

8:15 PM 45 MIN

MEMBERS: \$45 NONMEMBERS: \$75 CLASS TIMES ARE THE SAME FOR FALL 1 AND FALL 2 SESSIONS

## TRI-CITIES FAMILY YMCA GYMNASTICS TEAM

A group of girls working and growing together, building friendships and striving for the same goal both individually and as a Team. Gymnasts will compete in meets, have team uniforms and grow in their love for gymnastics as they accomplish new skills and goals. We would love to have you join our program under the guidance of caring adults who believe in their potential! Our TEAM program runs year round. We recommend you join in the fall, but we do offer the option to join during the year also. Please contact the Gymnastics Department to schedule an evaluation for level placement prior to registering at 616-842-7051 ext 225.



# ACHIEVE WITH AQUATICS

AQUATICS	MON	TUES	WED	THURS	SAT	CLASS LENGTH
<b>SWIM STARTERS - AGES 6-36 MONTHS</b>						
<b>A / WATER DISCOVERY</b> Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration, encouraging them to enjoy themselves while learning about the water.	5:45 PM	9:30 AM	5:45 PM	9:30 AM	10:30 AM	30 MIN
<b>B / WATER EXPLORATION</b> In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.	5:45 PM	9:30 AM	5:45 PM	9:30 AM	10:30 AM	30 MIN
<b>SWIM BASICS - AGES 2 1/2 THRU KINDERGARTEN</b>						
<b>1 / WATER ACCLIMATION</b> Students develop comfort with underwater exploration and learn to safely enter and exit the water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.	10:30 AM 5:45 PM	10:00 AM 5:45 PM	5:45 PM	10:00 AM 5:45 PM	10:30 AM	45 MIN
<b>2 / WATER MOVEMENT</b> 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 a body of water.	10:30 AM 5:45 PM	10:00 AM 5:45 PM	5:45 PM	10:00 AM 5:45 PM	10:30 AM	45 MIN
<b>3 / WATER STAMINA</b> In stage 3, students learn how to swim a longer distance than in previous stages. This stage also introduces rhythmic breathing and integrated arm and leg action.	10:30 AM 5:45 PM	10:45 AM 5:45 PM	5:45 PM	10:45 AM 5:45 PM	10:30 AM	45 MIN
<b>SWIM STROKES - 1ST THRU 8TH GRADE</b>						
<b>4 / STROKE INTRODUCTION</b> 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.	6:30 PM	6:30 PM	6:30 PM	6:30 PM	11:15 AM	45 MIN
<b>5 / STROKE DEVELOPMENT</b> 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.	6:30 PM	6:30 PM	6:30 PM	6:30 PM	11:15 AM	45 MIN
<b>6 / STROKE MECHANICS</b> 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.	6:30 PM	6:30 PM	6:30 PM	6:30 PM	11:15 AM	45 MIN
SWIM STARTERS: MEMBERS: \$45 NONMEMBERS: \$65 SWIM BASICS & SWIM STROKES: MEMBERS: \$55 NONMEMBERS: \$75 CLASS TIMES ARE THE SAME FOR FALL 1 & FALL 2 SESSIONS						



## 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 based 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. For further details, please contact Cheri Krawczyk at [cheri.krawczyk@tcfymca.org](mailto:cheri.krawczyk@tcfymca.org).

**Full Season September 10 - March 1**  
**Late Start October 29 - March 1**

## 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 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 the Pro Rescuer (2 year certification)

**September 14-16**  
**Friday**  
5:30 - 8:30 PM  
**Saturday and Sunday**  
8:00 AM - 5:00 PM

**MEMBERS:** \$150  
**NONMEMBERS:** \$200  
Must register by Thursday prior to program.

Class times are subject to change. Please pack a lunch. *Must attend ALL days to pass.*

## PRIVATE SWIM LESSONS

Whether you or your child are interested in getting comfortable in the water for the first time, want to improve your form or swim faster, we can develop a program to suit your needs. Private lessons are perfect for those who prefer one-on-one attention. An instructor will work with you or your child to determine the best path to help achieve your personal goals. Please contact Cheri Krawczyk at [cheri.krawczyk@tcfymca.org](mailto:cheri.krawczyk@tcfymca.org).

Single 30 min session: **MEMBERS:** \$25  
**NONMEMBERS:** \$40  
Four 30 min sessions: **MEMBERS:** \$80  
**NONMEMBERS:** \$100



# MAKING MOVEMENT FUN

SPORTS	AGE	MON	TUES	WED	THURS	FRI	LENGTH	MEMBER	NON MEMBER
<b>SPORTS SAMPLER</b> 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		4:30 PM	9:30 AM		10:30 AM	45 MIN	\$35	\$65
	5-7 YRS OLD		5:30 PM				45 MIN	\$35	\$65
<b>SOCCER</b> Basic soccer skills will be taught through fun games and drills. We will work on dribbling, shooting, passing and team work.	3-4 YRS OLD			10:30 AM	5:30 PM	9:30 AM	45 MIN	\$35	\$65
	5-7 YRS OLD	5:30 PM		4:30 PM			45 MIN	\$35	\$65
<b>T-BALL</b> Beginner class designed to help kids with their hand/eye coordination, as well as build some fundamentals of the game.	4-6 YRS OLD			5:30 PM	4:30 PM		45 MIN	\$35	\$65
<b>BASKETBALL</b> Basic basketball skills will be taught through fun games and drills. Dribble, pass, shoot!	4-6 YRS OLD	4:30 PM		6:30 PM			45 MIN	\$35	\$65
<b>VOLLEYBALL</b> This fun recreational class will begin with 30 minutes of drills followed by a 30-minute game each night! Knee Pads required!	9-13 YRS OLD			7:30 PM			45 MIN	\$40	\$70
<b>ULTIMATE GAMES</b> 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 class!	6-10 YRS OLD		6:30 PM				45 MIN	\$35	\$65
<b>KARATE</b> 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. Emphasis will be on listening skills, self-control, self discipline and respect for everyone.	6-12 YRS OLD	6:45 PM		6:45 PM			1 HOUR	\$50	\$80
	13 & UP YRS OLD	6:45 PM		6:45 PM			1 HOUR	\$50	\$80
<b>ROCKWALL</b> 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!	3-5 YRS OLD	10:30 AM					40 MIN	\$45	\$75
<b>FALL BASKETBALL LEAGUE</b> Join us in this pre-season league as we prepare for the Winter YBL season! 30 min practice & 30 min games.	1st - 8th GRADE	3RD - 4TH 6:30 PM	5TH - 6TH 7:30 PM	7TH - 8TH 7:30 PM	1ST - 2ND 6:30 PM		1 HOUR	\$50	\$80

CLASS TIMES ARE THE SAME FOR FALL 1 & FALL 2 SESSIONS



## YOUTH BASKETBALL LEAGUE (YBL)

The Tri-Cities Family YMCA is proud to have been participating in YBL for over 35 years. Each year over 400 youth participate in this program. We depend on volunteers to coach. Many are parents and past participants that simply want to give back and stay involved in this great community venture.

Registration begins in November for this popular instructional league with **practice beginning January 21, 2019**. Games start the weekend of February 2nd.

Girls and boys in **Young 5's through 4th grade** will be divided into teams which will have one practice during the week and one game on the weekend. Games will be on Saturdays between 8 am - 8 pm with the possibility of an occasional Sunday afternoon game if numbers warrant.

Youth in **grades 5th - 8th** will have practices on Monday nights from 7:00 - 9:00 pm, and games will be played on Thursday nights from 6:00 - 9:00 pm.

**EARLY REGISTRATION: NOV 12 - DEC 2**  
MEMBERS: \$70 NONMEMBERS: \$95

**REGULAR REGISTRATION: DEC 3 - DEC 31**  
MEMBERS: \$90 NONMEMBERS: \$120

**\*\* REGISTRATION ENDS December 31, 2018 \*\***

### GRADE LEVEL DIVISIONS

DINKY DUNKERS	BOYS & GIRLS CO-ED	Y5's & Kindergarten
ROOKIES	BOYS	1st - 2nd
ROOKIES	GIRLS	1st - 2nd
WINNERS	BOYS	3rd - 4th
WINNERS	GIRLS	3rd - 4th
CHAMPIONS	BOYS & GIRLS CO-ED	5th - 6th
CHAMPIONS	BOYS & GIRLS CO-ED	7th - 8th

### YBL SPONSOR INFORMATION

Here's a great way to advertise your business in the community! Your sponsorship will purchase team shirts for players, complete with your company's logo/name blazoned across the back! With over 400 youth in the league, your company will not only be noticed but heralded as a hero for parents and kids alike. Please email: [youthsports@tcfymca.org](mailto:youthsports@tcfymca.org) by December 3<sup>rd</sup>.

### YBL OFFICIALS

We are looking for high school aged or college aged students to help referee and teach the game of basketball to our youth. All officials must attend an officiating clinic, and must have knowledge of all the rules. Please email [youthsports@tcfymca.org](mailto:youthsports@tcfymca.org) by December 10, 2018 if you are interested.

## FLIP, ROLL, AND JUMP!

### 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

11:00 AM - 12:00 PM

MEMBERS: \$5 NONMEMBERS: \$8

### SKILL CLINICS

#### AGES 5-16 YEARS

Are you looking to master a specific skill? Our skill-based clinics will offer drills focused on that one skill to help your child accomplish their goals. Cartwheel, Pullover, Back Handsprings are just a few of the clinics we will be holding. Watch our monthly flyers and Facebook page to see what clinics will be offered.

#### 1ST AND 3RD SATURDAYS

10:00 - 11:00 AM

MEMBERS: \$10 NONMEMBERS: \$12

### NINJA BOOT CAMP

#### AGES 4-7 YEARS AND AGES 8 - 12 YEARS

Burn off some energy and conquer some obstacles.

#### SEP 8 / OCT 13 / NOV 10 / DEC 1

AGES 4-7 YEARS: 10:00-11:00 AM

AGES 8-12 YEARS: 11:00 AM - 12:00 PM

MEMBERS: \$10 NONMEMBERS: \$12

Registration required by Friday prior to program. No refunds.

### JUNGLE GYM

#### WALKING - 6 YEARS WITH CAREGIVER

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. Enjoy meeting new friends while promoting sharing! (Closed on GHAPS Snow Days)

#### Monday, Wednesday, Thursday (offered Sept - May)

10:30 AM - 12:30 PM

MEMBERS: **FREE** NONMEMBERS: \$3 PER CHILD  
\$5 PER FAMILY



## 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.

## 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.



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 bank draft. 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)

Class schedule can be found online at [WWW.TCFYMCA.ORG](http://WWW.TCFYMCA.ORG)  
For further information, contact Erica Phelps, RD at [erica.phelps@tcfymca.org](mailto:erica.phelps@tcfymca.org).

*"The coaches have made a world of difference in my technique and the ability to push me through my workouts. I have also benefitted in the sense of community you get from joining crossfit. I have made friends through the classes and CrossFit has afforded me many opportunities that I would've never been able to experience before." -CJ, CrossFit participant*



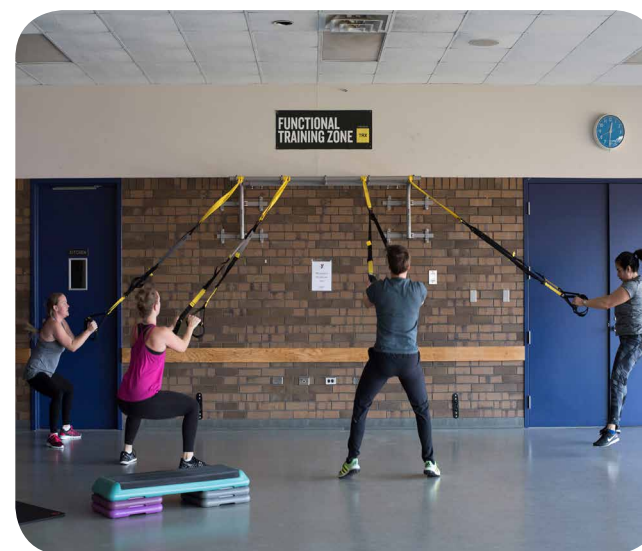
## GROUP FITNESS CLASSES

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.

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

CLASSES ARE **FREE** TO MEMBERS

**NONMEMBERS:** \$10 DROP-IN FEE



## NUTRITION SESSIONS

Our registered dietitian is here to help you realize your health goals! What you put into your body directly impacts energy level, fitness ability, and overall wellness. Whether you are seeking to lose weight, build muscle, increase endurance or manage a health condition, Erica Phelps, RD, can help create a manageable plan based on your personal preferences, fitness goals, and lifestyle. Contact the Welcome Center to register for a session, or multiple sessions! For further information, contact Erica Phelps, RD, at [erica.phelps@tcfymca.org](mailto:erica.phelps@tcfymca.org).

**MEMBERS:** \$46    **NONMEMBERS:** \$156

PRICING REFLECTS A ONE HOUR SESSION  
MULTIPLE SESSION PACKAGES ARE AVAILABLE

## HEALTHY LIVING

### **NEW!** EXPLORING PLANT BASED EATING

Please join us for this informative three part series on Whole Food Plant Based Diets (or WFPBD). WFPBD bring awareness of food and its nutritional value, a connection between food and diseases, and a reduced environmental footprint. Each session will include discussion on research, examples of cost savings, cooking demonstrations and tasting, food prep tips, and a panel discussion of personal experiences. This series will be presented by Erica Phelps, RD, Registered Dietitian and YMCA Wellness Director, Kathleen Sokolow, Certified Plant Based Nutritionist from the T. Colin Campbell Center for Nutrition Studies, and various community members living plant-based lives. **Pre-registration required.**

**SEPT 23 / SEPT 30 / OCT 7**  
1:00 - 2:30 PM

**MEMBERS:** \$60    **NONMEMBERS:** \$85

### **NEW!** HEALTHY LIVING STRATEGIES FOR BUSY FAMILIES

Our registered dietitian, Erica Phelps, RD, invites you to attend this informative class! She will help you tackle challenges you face when trying to live a healthy life! You can expect guidance on meal planning, streamlining grocery shopping, reducing food cost and waste, and creating a workout regimen. **Pre-registration required.**

**OCTOBER 3 / OCTOBER 16**  
12:00 PM-1:00 PM / 6:30 -7:30 PM

**MEMBERS:** FREE    **NONMEMBERS:** \$10

### **NEW!** PRENATAL YOGA

Expecting a new baby can be a very exciting and scary journey! Adriana Schmuker, MSW, CPT, RYT-500, will lead this 7 week Prenatal Yoga series. Expectant mothers will have the opportunity to learn valuable yoga and meditation tools needed to prepare the mind, body, and heart for labor, birth, and motherhood. You can expect tips to foster a healthy pregnancy, cultivate breath awareness, nurture mindfulness, ease aches and pains, build self-confidence, meet a community of other expectant mothers, reserve special time with your growing baby, and shorten postpartum recovery. **Register by the Friday prior to session date.**

The Prenatal Yoga Classes are intended for healthy women with uncomplicated pregnancies that are medically cleared to safely participate until labor. Physician approval is required prior to the start of the series.

**FALL SESSION I: SEPT 10 - OCT 28 (MON & THURS)**  
**FALL SESSION II: OCT 29 - DEC 16 (MON & THURS)**  
10:30 AM - 11:30 AM

**MEMBERS:** \$100    **NONMEMBERS:** \$140

ADULT SPORTS

NOON DROP IN BASKETBALL

Need to take a break from your grueling work day? Why not drop into the YMCA and play a little basketball with colleagues and others who enjoy the game and the exercise! Invite your friends!

Monday, Wednesday, Friday: 12:00 PM – 2:00 PM\*  
\*Schedule subject to change based on programming needs

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

PICKLEBALL

This sport is a combination of tennis and ping pong; played on a badminton court with the net lowered to 34 inches at the center. A plastic ball (similar to a wiffle ball) and wood paddles are used.

Tuesday & Thursday: 12:00 PM – 2:00 PM\*  
\*Schedule subject to change based on programming needs

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

KARATE

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.

MON 6:45 – 7:45 PM  
WED 6:45 – 7:45 PM

MEMBERS: \$50  
NONMEMBERS: \$80

\$20 additional to take classes both nights



HEALTHY AGING

While all ages are welcome in all group fitness classes, the Y does offer a variety of exercise and social opportunities specifically tailored to 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.

ENHANCE FITNESS

This group exercise program helps older adults at all levels of fitness become more active energized, and able to maintain their independence. Participants report improved mood, better balance, greater strength, and improved breathing capacity. Each one hour class focuses on cardiovascular exercise, strength training, balance, and flexibility. All exercises can be done in or out of a chair. Enhance Fitness® is an evidence-based program where participant progress is tracked with regular fitness checks over the 16 week session.

SEPTEMBER 5 – DECEMBER 21  
Classes are Mon / Wed / Fri from 10:45 – 11:45 AM

Registration REQUIRED by September 1st

MEMBERS: **FREE** NONMEMBERS: \$60

*“My husband and I look forward to the classes. We feel they have helped our balance, agility, and overall fitness.”*

*–Kathy, Enhance Fitness Class Member*

PEDALING FOR PARKINSON’S

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

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

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

MEMBERS AND NONMEMBERS: **FREE**



YOUR SUPPORT IS LIFE-CHANGING

“When we first heard about the opportunity for our son Keegan to go to a Y Summer Day Camp, we were honestly a little nervous. Keegan has Fragile X Syndrome and a characteristic of this syndrome is that he experiences extreme anxiety in certain situations as well as he has a tendency to bolt if he is upset or uncomfortable. We were reassured by Y’s staff that he would be well taken care of, and that it would be a great experience for him.

Keegan just finished up his sixth year of being a camper through the Tri-Cities YMCA, and we can’t say enough about this Y and their summer camp program! Keegan absolutely LOVES going to camp! He has met so many friends, and he has grown so much in regards to managing his anxiety when he is at camp, and he never once tried to run away during a camp session.

Those who worked closely with Keegan were amazing individuals who were able to connect with Keegan in ways that touched our hearts. Other campers went out of their way to include Keegan in activities. Everybody learned quickly that Keegan’s favorite game to play is Hide-n-Seek, and they would enjoy listening to his giggles as he tried to hide. Keegan always leaves camp with a smile on his face.

We are so glad we took this leap of faith with the Y, because every summer camp experience Keegan has had, has helped him grow into the wonderful young man that he is today.” *–Bob and Annie Coyne, Keegan’s parents*

Keegan was a huge help this summer! He folded towels for the Welcome Center and counted snacks for camp. Thank you, Keegan, for all of your help! We appreciate you!

TRI-CITIES FAMILY YMCA 2018 ANNUAL GIVING CAMPAIGN

The Tri-Cities Family YMCA is making a noticeable local impact. The Y is not only strengthening our bodies, but also our community. As our community faces new challenges, there is a greater need for us to continue the work we do every day to make a difference. We invite you to be a part of it. One way you can help is through giving.

The Annual Campaign allows the Y to provide financial assistance to kids, families, seniors and adults in need so they can experience our services and programs. When you give to the Tri-Cities Family YMCA, your gift will help young people achieve their potential, empower people of all ages to lead healthier lives, and strengthen the bonds of our community. Together, we can take on many of the greatest challenges facing our young people, our health and our community. Every dollar donated to the Tri-Cities Family YMCA has a lasting impact on the individuals we serve.

JOIN OUR CAUSE. WHEN YOU GIVE TO THE Y...

**\$20** Will help fund one of our many programs, including our HOST after school program.



**\$50** Will support one child through 7 weeks of youth programs, helping a child fight obesity by keeping them active.

**\$100** Will provide a one month membership to 2 seniors, giving them the ability to stay active and prevent chronic disease and isolation.



**\$2500** Will help support our Safety Around Water Program, which gives local children confidence in and around water by teaching beach and pool safety.



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

NON-PROFIT  
 U.S. POSTAGE PAID  
 PERMIT NO. 140  
 GRAND HAVEN, MI



## DID YOU KNOW?

Our FREE Pedaling for Parkinsons Program meets **3** times per week. Members and non-members pedal for **45** minutes. This has been shown to reduce symptoms and slow disease progression.

Each Fall over **350** students from local schools complete our FREE Safety Around Water Program, growing their confidence and abilities.

The Tri-Cities Family YMCA employs more than **125** individuals, many of whom are teenagers benefitting from YMCA leadership experience.

A total of **62** families received camp assistance during the 2018 summer day camp program. This assistance allows for children to enjoy summer in a safe, active, and healthy environment.