



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SPRING INTO SUMMER

2019 SPRING / SUMMER PROGRAM GUIDE | TRI-CITIES FAMILY YMCA

SPRING: APR 22 – JUN 9 ☀️ SUMMER 1: JUN 10 – JUL 14 ☀️ SUMMER 2: JUL 15 – AUG 23





WELCOME TO THE Y

WELCOME TO A BETTER YOU!

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

SPRING 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: 7:00 AM – 5:00 PM

SUMMER HOURS OF OPERATION

***Begins May 28, 2019**
Mon – Thurs: 5:00 AM – 9:00 PM
Friday: 5:00 AM – 8:00 PM
Sat – Sun: 7:00 AM – 3:00 PM

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.

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.



REGISTRATION INFORMATION

SPRING APR 22 – JUNE 9	SUMMER 1 JUNE 10 – JULY 14	SUMMER 2 JULY 15 – AUG 18	SUMMER CAMP JUNE 10 – AUG 23
REGISTRATION DATES	REGISTRATION DATES	REGISTRATION DATES	REGISTRATION DATES
MEMBERS: APR 1	MEMBERS: MAY 20	MEMBERS: JUNE 24	MEMBERS: APR 1
NONMEMBERS: APR 3	NONMEMBERS: MAY 22	NONMEMBERS: JUNE 26	NONMEMBERS: APR 3

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MEMBERSHIP BENEFITS

- FREE Kids’ World & Ace Place*
- FREE Group Fitness Classes
- FREE Equipment Orientation
- FREE Jump Start Program
- FREE Jungle Gym
- Nationwide Membership
- Reduced Program Fees
- CrossFit Program
- 25 meter Pool
- HD Cardio Theater
- Weight Room & 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.



HELLO! WE’RE GLAD YOU ARE HERE!

MEET OUR STAFF

- Gregory Coil, Chief Executive Officer**
greg.coil@tcfymca.org
- David Burdo, Membership & Marketing Director**
david.burdo@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

- Chris Steng, Chair**
- Susan Petrus, Vice Chair**
- Jim Davidson, Treasurer**
- Amylyn Robbins, Secretary**
- Daniel Martin, At-Large**
- Kathy Humphrey, Immediate Past Chair**
- Tammy Basil**
- Lew Gorbach**
- Jud Highhill**
- Adam Kelly**
- David Redeker**

What is YOUR favorite #bestsummerever story?
We would love to hear it!
Contact Kelly Ruffing to share!
kelly.ruffing@tcfymca.org



SPECIAL EVENTS & HAPPENINGS

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

APR 12 / MAY 3
5:30 PM – 8:30 PM

JUN 7 / JULY 12 / AUG 16
5:15 PM – 7:45 PM

MEMBERS: \$18 **NONMEMBERS:** \$23
SIBLINGS: ½ price

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! Registration required by Thursday prior to program.

APR 26 / MAY 31
6:30 – 10:30 PM

MEMBERS: \$20 **NONMEMBERS:** \$30
SIBLINGS: ½ price

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

APR 19 Smallfoot
MAY 17 Monsters University
5:30 PM – 8:30 PM

MEMBERS: \$12 **NONMEMBERS:** \$17
SIBLINGS: \$5 off/sibling

SPRING BREAK FUN CAMP REGISTRATION OPENS MAR 1

Spring camps are filled with fun indoor and outdoor activities where kids can play, make new friends, and stay active and healthy! Daily swim time and healthy snack provided.

A \$40 non-refundable/non-transferable deposit is due at camp registration. Remaining balance must be paid in full the Wednesday prior to camp start date. Payments may be scheduled for AUTOMATIC DEDUCTION.

APRIL 1 – 5
9:00 AM – 4:00 PM

FREE Extended care available:
7:00 AM – 9:00 AM and 4:00 PM – 6:00 PM

DAILY COST:
MEMBERS: \$45/day **NONMEMBERS:** \$55/day

FULL SESSION COST:
MEMBERS: \$160 **NONMEMBERS:** \$195

KLEVER INNOVATIONS KICK-OFF TO SUMMER RUN

SATURDAY, MAY 25, 2019

5K Run/Walk
1 Mile Family Fun Run/Walk
Tot Trot Obstacle Course



2019 GRAND HAVEN TRIATHLON

www.grandhaventri.com

SUNDAY, JULY 14, 2019

Sprint Distance Triathlon
Olympic Distance Triathlon
Sprint Distance Duathlon

VOLUNTEER OPPORTUNITY!

In order to make our race events successful, we need enthusiastic volunteers! There are various responsibilities leading up to and on race day. Contact Erica Phelps to sign up! erica.phelps@tcfymca.org

CARDIO GOLF

Cardiogolf is a great class for anyone looking to increase flexibility and range of motion, gain strength, and improve their golf game in a unique way. The class is designed for all skill levels who are looking to improve fitness and for those who have never played the game to learn basic swing skills. There is no ball required and all swing drills will be done with the 23" Shortee Golf Club provided. **Classes are taught by Britni Gielow, certified Cardiogolf instructor and LPGA Golf Professional. Britni is a swing instructor for Patti Butcher Golf Enterprises.**

WOMEN, WEIGHT, AND AGE

Age-related hormonal, metabolic, and muscular changes can start as early as 35 for women. Failing to recognize and tackle this can lead to weight gain. The good news is a few simple changes in eating patterns and workout routines can delay these changes from happening. Erica Phelps, RD, YMCA Fitness and Wellness Director, will share practical, yet simple strategies to maintain weight as we age.

MAY 9 at 6:30 PM **MEMBERS:** FREE **NONMEMBERS:** \$10

COAST GUARD FESTIVAL RUN

SATURDAY, JULY 27, 2019

10K Run/Walk
5K Run/Walk
1 Mile Family Fun Run/Walk
Tot Trot Obstacle Course



APRIL 23 – JUNE 4, EVERY TUESDAY

6:30 PM – 7:30 PM

MEMBERS: \$50 **NONMEMBERS:** \$75

Register by Wednesday, April 17, 2019

SPRING CLEANING GUT HEALTH & ANTI-INFLAMMATORY EATING

This class covers one of the hottest topics in nutrition today! Low-grade chronic inflammation is shown to increase risks for a multitude of diseases. A healthy gut is known to prevent diseases. Our registered dietitian, Erica Phelps, RD, will help you come up with a simple, realistic plan to get you on the right track!

APR 16 at 6:30 PM **MEMBERS:** FREE **NONMEMBERS:** \$10

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

HOURS	MONDAY - THURSDAY	FRI	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS AND NONMEMBERS
SPRING	8:15 AM - 8:00 PM	8:15 AM - 3:30 PM	8:15 AM - 12:30 PM	12:00 PM - 3:30 PM	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$5/VISIT/CHILD OR \$20/MONTH/CHILD OR \$150/YEAR/CHILD NONMEMBER: \$6/VISIT/CHILD
SUMMER BEGINS MAY 28	8:15 AM - 1:30 PM 4:30 PM - 7:45 PM	8:15 AM - 1:30 PM	8:15 AM - 12:00 PM	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**. 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/non-transferable and are paid at the Welcome Center.

HOURS	MONDAY - THURSDAY	FRI	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS AND NONMEMBERS
SPRING	4:30 PM - 8:00 PM	5:00 PM - 7:30 PM <small>NO EVENING HOURS 3RD FRIDAY OF EVERY MONTH OCTOBER - MAY</small>	8:30 AM - 3:30 PM <small>NO EVENING HOURS</small>	CLOSED	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$5/VISIT/CHILD OR \$20/MONTH/CHILD OR \$150/YEAR/CHILD NONMEMBER: \$6/VISIT/CHILD
SUMMER BEGINS MAY 28	8:45 AM - 12:00 PM 4:30 PM - 7:45 PM	8:45 AM - 12:00 PM	CLOSED	CLOSED		

LICENSED CHILDCARE: PRESCHOOL AND SCHOOL AGE CHILDCARE FOR KIDS AGES 3 - 12 YEARS OLD

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

HOURS	MONDAY - FRIDAY	DAILY FEES	WEEKLY FULL DAY FEES
SPRING AND SUMMER	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 CANCELLATION FEE: \$15 (WITH 24 HR NOTICE)

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.



PARENT/TOT AND NINJA

PARENT / TOT CLASSES PARENT PARTICIPATION REQUIRED								CLASS LENGTH
	AGE		MON	TUES	WED	THURS	FRI	
ROLLIE POLIE Your child will be introduced to basic tumbling movements. Come climb, crawl, jump and roll through obstacle courses with your little one.	WALKING- 24 MOS W/PARENT	SPRING	9:30 AM	5:30 PM	9:30 AM			40 MIN
		SUMMER	5:30 PM					
MINI MOVERS 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	SPRING	10:30 AM	9:30 AM	4:30 PM			40 MIN
		SUMMER		5:30 PM				
DANCE GYMNASTICS 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	SPRING		4:30 PM	10:30 AM		11:30 AM	45 MIN
		SUMMER		4:30 PM				
SPORTS SAMPLER 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	SPRING		11:30 AM	5:30 PM	10:30 AM		45 MIN
		SUMMER			6:30 PM	4:30 PM		
BUSY BEE 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	SPRING	11:30 AM 6:30 PM	10:30 AM		6:30 PM	10:30 AM	45 MIN
		SUMMER	6:30 PM		4:30 PM	6:30 PM		
SPRING MEMBERS: \$40 NONMEMBERS: \$70 SUMMER MEMBERS: \$30 NONMEMBERS: \$60								
NINJA CLASSES								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 NINJA GYM .								
NINJA Tiny Tots (parent participation)	12-24 MOS	SPRING	10:30 AM	9:30 AM	10:30 AM			40 MIN
		SUMMER			5:30 PM			
NINJA Tots (parent participation)	2-3 YEARS	SPRING	9:30 AM	10:30 AM 6:30 PM	11:30 AM		9:30 AM	45 MIN
		SUMMER			6:30 PM			
LIL NINJAS CO-ED	3-4 YEARS	SPRING	11:30 AM 4:30 PM 5:30 PM	11:30 AM 5:30 PM	9:30 AM 3:30 PM	12:30 PM 4:30 PM	10:30 AM 11:30 AM 12:30 PM	45 MIN
		SUMMER	6:30 PM	4:30 PM	4:30 PM	5:30 PM		
LIL NINJAS CO-ED	5-7 YEARS	SPRING						45 MIN
		SUMMER						
NINJA JR Boys	5-7 YEARS	SPRING	6:30 PM	4:30 PM	5:30 PM	5:30 PM 6:30 PM		45 MIN
		SUMMER	4:30 PM	5:30 PM		4:30 PM 6:30 PM		
NINJA JR Girls	5-7 YEARS	SPRING			6:30 PM			45 MIN
		SUMMER	5:30 PM			7:30 PM		
NINJA Boys (Beginner)	8-11 YEARS	SPRING			7:30 PM	7:30 PM		45 MIN
		SUMMER	7:30 PM	7:30 PM				
NINJA Girls (Beginner)	8-11 YEARS	SPRING	7:30 PM		4:30 PM			45 MIN
		SUMMER		6:30 PM				
SPRING MEMBERS: \$45 NONMEMBERS: \$75 SUMMER MEMBERS: \$35 NONMEMBERS: \$65								

8 YOUTH DEVELOPMENT

PRESCHOOL GYMNASTICS

PRESCHOOL GYMNASTICS NO PARENT PARTICIPATION REQUIRED							CLASS	NON	
		MON	TUES	WED	THURS	FRI	LENGTH	MEMBER	MEMBER
BEGINNER 3’S 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. Coach recommendation required to move up to Intermediate 3’s (next level up in Preschool Gym).	SPRING	12:30 PM 4:30 PM 5:30 PM	11:30 AM 6:30 PM	11:30 AM 6:30 PM	11:30 AM 4:30 PM 5:30 PM	9:30 AM 12:30 PM	45 MIN	\$45	\$75
	SUMMER	4:30 PM	6:30 PM	5:30 PM	5:30 PM			\$35	\$65
INTERMEDIATE 3’S 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. Coach Recommendation is required to register.	SPRING		11:30AM	4:30PM	5:30PM	9:30AM	45 MIN	\$45	\$75
	SUMMER		4:30 PM	5:30 PM				\$35	\$65
ADVANCED 3’S 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. Coach Recommendation is required to register.	SPRING		11:30AM	5:30PM	4:30PM	9:30AM	45 MIN	\$45	\$75
	SUMMER		4:30 PM	5:30 PM				\$35	\$65
BEGINNER 4’S 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.	SPRING	6:30 PM	10:30 AM 5:30 PM	5:30 PM	6:30 PM	10:30 AM	45 MIN	\$45	\$75
	SUMMER	4:30 PM	5:30 PM	6:30 PM	6:30 PM			\$35	\$65
INTERMEDIATE 4’S 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.	SPRING	5:30 PM	10:30 AM 5:30 PM	12:30 PM 6:30 PM		9:30 AM	45 MIN	\$45	\$75
	SUMMER	5:30 PM	6:30 PM	5:30 PM	4:30 PM			\$35	\$65
ADVANCED 4’S 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. Coach recommendation required to register.	SPRING	5:30 PM	9:30 AM 6:30 PM		12:30 PM 4:30 PM	10:30 AM	55 MIN	\$52	\$82
	SUMMER	6:30 PM		4:30 PM	5:30 PM			\$40	\$75
BEGINNER 5’S 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.	SPRING	6:30 PM	9:30 AM 4:30 PM	5:30 PM	6:30 PM	10:30 AM	45 MIN	\$45	\$75
	SUMMER	4:30 PM	5:30 PM	6:30 PM	6:30 PM			\$35	\$65
INTERMEDIATE 5’S 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.	SPRING	4:30 PM	10:30 AM 5:30 PM	12:30 PM 6:30 PM	5:30 PM	9:30 PM	45 MIN	\$45	\$75
	SUMMER	5:30 PM	6:30 PM		4:30 PM			\$35	\$65
ADVANCED 5’S 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. Coach Recommendation required.	SPRING	5:30 PM	9:30 AM 6:30 PM	4:30 PM	12:30 PM	10:30 AM	55 MIN	\$52	\$82
	SUMMER	6:30 PM		4:30 PM	5:30 PM			\$40	\$75

NINJA BOOT CAMP
Burn off some energy and conquer some obstacles. Registration required by Friday prior to program.

APR 13 / MAY 4
AGES 3-4 YEARS: 11:00 AM – 12:00 PM
AGES 5-7 YEARS: 10:00 – 11:00 AM
AGES 8-12 YEARS: 9:00 – 10:00 AM

MEMBERS: \$10
NONMEMBERS: \$15

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 LENGTH	MEMBER	NON MEMBER
		MON	TUES	WED	THURS			
BEGINNING GYMNASTICS 1	SPRING	4:30 PM	5:30 PM	5:30 PM 6:30 PM	4:30 PM	55 MIN	\$55	\$85
	SUMMER	4:30 PM	5:30 PM	5:30 PM	6:30 PM		\$40	\$70
BEGINNING GYMNASTICS 2	SPRING	4:30 PM	5:30 PM	5:30 PM 6:30 PM	4:30 PM	55 MIN	\$55	\$85
	SUMMER	6:30 PM	5:30 PM	6:30 PM	4:30 PM		\$40	\$70
INTERMEDIATE GYMNASTICS 1	SPRING	5:30 PM 6:30 PM	6:30 PM	4:30 PM	5:30 PM	55 MIN	\$55	\$85
	SUMMER	5:30 PM	6:30 PM	4:30 PM	4:30 PM		\$40	\$70
INTERMEDIATE GYMNASTICS 2	SPRING	5:30 PM	6:30 PM	4:30 PM	6:30 PM	55 MIN	\$55	\$85
	SUMMER	4:30 PM	6:30 PM	5:30 PM	5:30 PM		\$40	\$70
ADVANCED GYMNASTICS 1	SPRING				6:30 PM	1.5 HR	\$75	\$105
	SUMMER				6:30 PM		\$55	\$85
ADVANCED GYMNASTICS 2	SPRING	6:30 PM				1.5 HR	\$75	\$105
	SUMMER	6:30 PM					\$55	\$85
BOYS GYMNASTICS AGES 6-12 (DAYS AND TIMES ARE THE SAME FOR SPRING AND SUMMER, COST LISTED SPRING/SUMMER)								
BEGINNING BOYS 1				5:30 PM		55 MIN	\$55/\$40	\$85/\$70
BEGINNING BOYS 2				4:30 PM		55 MIN	\$55/\$40	\$85/\$70
INTERMEDIATE BOYS 1				6:30 PM		55 MIN	\$55/\$40	\$85/\$70



GYMNASTICS TEAM
TRI-CITIES FAMILY YMCA

A group of girls working and growing together, building friendships and striving for the same goal both individually and as a team. Gymnasts will compete in meets, have team uniforms and grow in their love for gymnastics as they accomplish new skills and goals. We would love to have you join our program under the guidance of caring adults who believe in your potential! Our team program runs year- round. We recommend you join in the fall, but we do offer the option to join during the year. Please contact the Gymnastics Department to schedule an evaluation for level placement prior to registering at 616.842.7051 EXT 225.

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.

EVERY SATURDAY, THROUGH MAY 18
11:00 AM - 12:00 PM

MEMBERS: \$5 NONMEMBERS: \$8

TUMBLING

TUMBLING - AGES 6-15

BEGINNER TUMBLING Basic tumbling skills will be taught. Rolls, cartwheels, handstands & bridges.	SPRING		4:30 PM	6:30 PM		45 MIN
	SUMMER	4:30 PM	6:30 PM			
INTERMEDIATE TUMBLING Building on Beginner tumbling skills.	SPRING		4:30 PM	5:30 PM		45 MIN
	SUMMER		5:30 PM	6:30 PM		
ADVANCED TUMBLING 1 Must have passed Intermediate tumbling or have a coach evaluation to register.	SPRING				5:30 PM	45 MIN
	SUMMER			6:30 PM	5:30 PM	
SPRING MEMBERS: \$45 NONMEMBERS: \$75 SUMMER MEMBERS: \$40 NONMEMBERS: \$70						



YOUTH SPORTS

SPORTS	AGE		MON	TUES	WED	THURS	FRI	LENGTH	MEMBER	NON MEMBER
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	9:30 AM	4:30 PM	11:30 AM	5:30 PM	10:30 AM	45 MIN	\$35	\$65
		SUMMER		5:30 PM	4:30 PM				\$30	\$50
	5-8 YRS OLD	SPRING			4:30 PM			45 MIN	\$35	\$65
		SUMMER			5:30 PM				\$30	\$50
SOCCER 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	SPRING	4:30 PM		5:30 PM		9:30 AM	45 MIN	\$35	\$65
		SUMMER	4:30 PM			5:30 PM			\$30	\$50
	5-8 YRS OLD	SPRING	5:30 PM					45 MIN	\$35	\$65
		SUMMER		4:30 PM					\$30	\$50
T-BALL Let's play ball! Join us for this beginner class that will help kids with their hand-eye coordination, as well as build fundamentals of the game.	4-6 YRS OLD	SPRING		5:30 PM		4:30 PM	11:30 AM	45 MIN	\$35	\$65
		SUMMER	5:30 PM			4:30 PM			\$30	\$50
VOLLEYBALL This fun recreational class will begin with 30 minutes of drills followed by a short scrimmage each night! Knee Pads required!	5-8 YRS OLD	SPRING			6:30 PM			45 MIN	\$40	\$70
		SUMMER				6:30 PM			\$35	\$65
	9-13 YRS OLD	SPRING			7:30 PM			45 MIN	\$40	\$70
		SUMMER				7:30 PM			\$35	\$65
PICKLEBALL (SPRING ONLY) Pickleball is a fun paddle sport that combines elements of tennis, badminton and ping pong into a game ideal for all ages and skill levels.	5-8 YRS OLD	SPRING		6:30 PM				45 MIN	\$35	\$65
	9-13 YRS OLD	SPRING		7:30 PM				45 MIN		
DODGEBALL (SUMMER ONLY) In this fast-paced game, players on two teams throw foam balls at each other, trying to hit a player of the opposing team while moving to "dodge" throws from their opponents. Y instructors teach safe throwing techniques and make sure everyone plays with respect. Dodgeball helps to develop hand-eye coordination, balance, flexibility and many other skills that transfer to other sports.	5-8 YRS OLD	SUMMER		6:30 PM				45 MIN	\$35	\$65
	9-13 YRS OLD	SUMMER		7:30 PM				45 MIN	\$35	\$65
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. Emphasis will be on listening skills, self-control, self discipline and respect for everyone.	6-12 YRS OLD	SPRING	6:45 PM		6:45 PM			1 HOUR	\$50	\$80
		SUMMER			6:45 PM				\$40	\$70
	13 & UP YRS OLD	SPRING	6:45 PM		6:45 PM			1 HOUR	\$50	\$80
		SUMMER			6:45 PM				\$40	\$70

SPRING YOUTH BASKETBALL LEAGUE
YOUNG 5'S - 8TH GRADE

All age divisions will begin the night with 30 minutes of practice followed by a 30 minute scrimmage.

MEMBERS: \$55 NONMEMBERS: \$85

APRIL 15 - MAY 24

Y5 - K	MON	6:30 PM
1ST - 2ND	WED	6:30 PM
3RD - 4TH	THU	6:30 PM
5TH -8TH	THU	7:30 PM



12 YOUTH DEVELOPMENT

YOUTH HEALTH AND FITNESS

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.

SPORTS CONDITIONING FOR TEEN ATHLETES
AGES 13-17 YEARS

Keeping teens active and improving sports performance are goals of this series! Adam Willman, NSCA Certified Strength and Conditioning Coach, CrossFit Level 2 trainer, and USA Weightlifting Coach, will lead sports-specific workouts to increase muscular strength, power, agility, and endurance. Spending time on these disciplines can reduce the risk of sports-related injuries and enhance overall performance.

SUMMER 1: EVERY TUESDAY, JUNE 10 - JULY 16
3:00 - 4:00 PM

SUMMER 2: EVERY TUESDAY, JULY 16 - AUG 20
3:00 - 4:00 PM

MEMBERS: \$75 NONMEMBERS: \$100

YOUTH SUMMER COOKING SERIES

AGES 9-13 YEARS

Food and FUN come together in this weekly cooking series for kids! Each health-focused, hands-on class will be led by Erica Phelps, RD. Each session will focus on a different food group to create tasty, family-friendly, but kid-approved, healthy meals and snacks!

SUMMER 2: EVERY TUESDAY, JULY 16 - AUG 20

*NO CLASS JULY 30

10:30 AM - 12:00 PM

MEMBERS: \$60 NONMEMBERS: \$85



BABYSITTER TRAINING

AGES 11 & UP

Participants will learn how to:

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

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

JUN 22 /JULY 13 /AUG 17
8:00 AM - 3:00 PM

MEMBERS: \$100 NONMEMBERS: \$130



AQUATICS AND SWIM SAFETY



PRIVATE SWIM LESSONS

Whether you or your child are interested in getting comfortable in the water for the first time or 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. Contact the Welcome Center to register!

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

AMERICAN RED CROSS LIFEGUARD TRAINING CLASS

Prerequisites: students must be at least 15 years old, be 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)

APRIL 19 | 5:30 – 8:30 PM
APRIL 20 AND 21 | 8:00 AM – 5:30 PM

MAY 10 | 5:30 PM – 8:30 PM
MAY 11 AND MAY 12 | 8:00 AM – 5:30 PM

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

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

14 YOUTH DEVELOPMENT

SWIM TEAM

The Swim Team is collaboration of two local programs, Tri–Cities Family YMCA and Muskegon Y Swim Teams (MYST)! Swimmers are from Grand Haven, Spring Lake, Muskegon and beyond. Our team is a competitive swim team offering high quality professional coaching and technique instruction for swimmers ages 5 years old through high school. MYST has 5 different groups that make up our team. Swimmers are assigned to a group based on ability, age, maturity and goals. Our goal is to promote values such as honesty, caring, respect and responsibility which allows us to provide a place to grow as an athlete and as a person. Our coaching staff is USA Swimming trained along with YMCA trained. Contact Coach Kim Arnold at MYSTHeadCoach@muskegonYMCA.org.



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 Swim Starter classes. Registration dates same as Spring session.
Session 1: JUNE 17-27 Session 2: JULY 1-11 Session 3: JULY 15-25 Session 4: JULY 29 – AUG 8 Session 5: AUG 12 – 22

SWIM STARTERS – AGES 6-36 MONTHS	MON	TUES	WED	THURS	SAT	CLASS LENGTH	MEMBER	NON MEMBER
A / WATER DISCOVERY 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.	SPRING: ONCE A WEEK FOR 7 WEEKS							
	5:45 PM	9:30 AM	5:45 PM	9:30 AM	10:00 AM	30 MIN	\$45	\$70
B / WATER EXPLORATION Parents accompany children in stage B, which introduces infants and toddlers to the aquatic environment through exploration, encouraging them to enjoy themselves while learning about the water.	SUMMER 1 & 2: ONCE A WEEK FOR 5 WEEKS							
	9:30 AM 5:30 PM		9:30 AM 5:30 PM			30 MIN	\$40	\$65
SWIM BASICS – AGES 2 1/2 THRU KINDERGARTEN								
1 / WATER ACCLIMATION 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.	SPRING: ONCE A WEEK FOR 7 WEEKS							
	10:30 AM 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	\$60	\$80
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 a body of water.	SUMMER 1 & 2: ONCE A WEEK FOR 5 WEEKS							
	5:30 PM	5:30 PM	5:30 PM	5:30 PM		45 MIN	\$50	\$70
3 / WATER STAMINA 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.	TWO WEEK SESSIONS: MON-THURS EVERYDAY							
	10:00 AM	10:00 AM	10:00 AM	10:00 AM		45 MIN	\$60	\$80
SWIM STROKES – 1ST THRU 8TH GRADE								
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.	SPRING: ONCE A WEEK FOR 7 WEEKS							
	6:30 PM	6:30 PM	6:30 PM	6:30 PM	11:15 AM	45 MIN	\$60	\$80
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.	SUMMER 1 & 2: ONCE A WEEK FOR 5 WEEKS							
	6:15 PM	6:15 PM	6:15 PM	6:15 PM		45 MIN	\$50	\$70
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.	TWO WEEK SESSIONS: MON-THURS EVERYDAY							
	10:45 AM	10:45 AM	10:45 AM	10:45 AM		45 MIN	\$60	\$80

QUESTIONS? PLEASE CONTACT THE AQUATICS DEPARTMENT AT 616.842.7051 EXT 239

ADULT HEALTH AND FITNESS

EXPLORING PLANT BASED EATING

This three-part series on Whole Food Plant Based Diets (or WFPBD) will bring awareness to food and its nutritional value, explore the connection between food and diseases, and include exploration of reducing our environmental footprint. Each session includes discussion on research, examples of cost savings and nutritional value, cooking demonstration and tasting, food prep tips, and panel discussion of personal experience from those using WFPBD. This series will be presented by Erica Phelps, RD, Registered Dietitian and YMCA Wellness Director, and Kathleen Sokolow, Certified Plant Based Nutritionist from the T. Colin Campbell Center for Nutrition Studies. Pre-registration required.

APR 18 / APR 25 / MAY 2
6:30 PM - 8:00 PM

MEMBERS: \$60 NONMEMBERS: \$85

"The open conversation format, paired with recipes and taste tests, really brought it to life for me. Great class!"

#Ystory



NUTRITION FOR ENDURANCE

Nutrition is critical when you are training for endurance events such as half marathons, 25's, triathlon or more! The area of sports nutrition is filled with many opinions and myths of what you should and shouldn't eat or drink. Erica Phelps, RD, Registered Dietitian and Fitness Director, will help you sort it out and come up with a plan that works for you!

April 11
6:30 - 7:30 PM

MEMBERS: FREE NONMEMBERS: \$10

BODY COMPOSITION TESTING

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

*New members receive one complimentary test within the first 3 months of membership.

MEMBERS: \$15 for one test/\$25 for two tests

NONMEMBERS: \$25 for one test

NUTRITION SESSIONS

Our registered dietitian is here to help you with 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 plan based on your personal preferences, fitness goals, and lifestyle. Contact the Welcome Center to register for a session, or multiple sessions! 1 hour session prices listed.

MEMBERS: \$46 NONMEMBERS: \$56

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 a program 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. *Note: Trainers must be employed by the YMCA.*

MEMBERS: One hour session \$46 / Six sessions \$230

NONMEMBERS: Additional \$10 guest fee per visit
Pre-payment and 24 hour cancellation notice required.

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



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), Total Body Strength, Spinning®, Yoga, Cardio Jam, Barre Above®, and more.

Class offerings vary each session. Visit our website to view the fitness calendar. WWW.TCFYMCA.ORG

MEMBERS: FREE NONMEMBERS: \$10 DROP-IN FEE

CROSSFIT FLIGHT | GRAND HAVEN

CrossFit is a challenging and 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 \$99 for the first month, then 60 per month, via bank draft. Couples or families with multiple individuals wishing to participate will pay \$60 for the first individual and \$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
For further information and to register, contact Erica Phelps, RD at erica.phelps@tcfymca.org.



CROSSFIT FLIGHT
GRAND HAVEN

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®.

ENHANCE FITNESS

This group exercise program helps older adults at all levels of fitness become more active and 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.

Inquire at the Welcome Center for session start dates.

MEMBERS: FREE NONMEMBERS: \$60

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 (SPRING ONLY)

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

ADULT SOCCER LEAGUE

Members and nonmembers are invited to participate in fun, as well as competitive, league play! Recreational and competitive leagues are available based on registration. Games are played with a 7 vs. 7 format. Each session is 5 weeks long. Men play on Tuesday. Women play on Thursday.

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



KARATE

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

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

MEMBERS: \$50 NONMEMBERS: \$80
\$25 additional to take classes both nights.

SUMMER: WED 6:45 – 7:45 PM

MEMBERS: \$40 NONMEMBERS: \$70
\$25 additional to take classes both nights.

SUMMER 1: JUNE 10 – JULY 14
SUMMER 2: JULY 15 – AUG 18

COST: \$380 by JUNE 5 / \$395 after JUNE 5



YOUR MEMBERSHIP DUES
OPERATE OUR BUILDING.
YOUR DONATION CHANGES LIVES.

2019 ANNUAL CAMPAIGN

MAKE AN IMPACT WITH US

Your gift to the Annual Campaign will help our young people achieve their potential, empower people of all ages to lead healthier lives and strengthen the bonds of our community by bringing people together.



\$50 Will help fund one of our many programs, like Healthy Out of School Time (HOST) and the 7th Grade Initiative, that keep kids engaged after school.



\$500 Will support a monthly membership for 10 seniors, giving them the ability to stay active and prevent chronic disease and isolation.



\$100 Will support two children through 8 weeks of high activity sports programs like Ultimate Games, Karate, soccer and basketball.



\$1000 Will help support our Safety Around Water Program, which gives local children confidence in and around water by teaching beach and pool safety.

Please give today.
tcfymca.org/about-us/support

Give in person by dropping by the WELCOME CENTER.



Give by PHONE. 616.842.7051



Give ONLINE. Visit tcfymca.org and click on Donate.



BEST SUMMER EVER™



TRI-CITIES FAMILY YMCA 2019 SUMMER CAMP GUIDE

REGISTRATION MEMBERS: APRIL 1 NONMEMBERS: APRIL 3

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 its 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 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 FAMILIES 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

FULL DAY CAMP COST

MEMBERS: \$160/week NONMEMBERS: \$195/week

LEADERS-IN-TRAINING CAMP COST

MEMBERS: \$85/week NONMEMBERS: \$100/week

AGE GROUPS

Discovery Camp: Ages 4–5

Adventure Camp: Ages 6–7

Explorer Camp: Ages 8–10

Trailblazer Camp: Ages 11–13

Leaders-in-Training (LIT) Camp: Ages 14–17

The camp environment provides a unique opportunity for teens to build leadership skills, particularly in assisting counselors with younger campers. The Y's LIT program operates hand-in-hand with our Youth Day Camps providing young leaders the opportunity to mentor younger kids, participate in daily activities and help counselors execute programming. Leaders in Training Day Camp goals are to teach general leadership skills that can be used at school, home and within the community- not just at camp! The LITs always have an adult counselor with them and this Y camp program gives teens the opportunity to build their skills, confidence and capacity for working with people of all ages. **Registration in this program is on an application basis only and spots are limited. Send a cover letter to meredith.long@tcfymca.org**

[long@tcfymca.org](mailto:meredith.long@tcfymca.org)

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. All YMCA camp 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.**

FIELD TRIP FEES

Camps that offer field trips **REQUIRE AN ADDITIONAL REGISTRATION, DEPOSIT, AND FEE.** Fees must be paid in full the Wednesday prior to camp start date. See weekly descriptions for pricing.

FINANCIAL ASSISTANCE

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.

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 annually 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 one healthy morning snack, a non-perishable lunch, water bottle, closed-toed shoes, swimsuit, towel and sunscreen every day. **A healthy afternoon snack will be provided daily.**

PAYMENT/LATE FEES/CANCELLATIONS/REFUNDS

A **NON-REFUNDABLE/NON-TRANSFERABLE** deposit is due at the time of camp and field trip registration. The remaining balance must be paid in full the **Wednesday** prior to camp start date. Payments may be scheduled for **AUTOMATIC DEDUCTION** upon request. Please stop by the Welcome Center to make arrangements for your automatic deduction. **Late registration** may be processed up to 5:00 PM the Friday before the camp start date. An additional fee of \$40 will be charged. Cancellations must be made 7 days before the camp start date. **DEPOSITS ARE NON-REFUNDABLE/TRANSFERABLE.**

SAMPLE SCHEDULE

7 – 9:00 AM	FREE EXTENDED CARE
9:00 AM	OFFICIAL START TIME
9 – 11:30 AM	THEMED ACTIVITIES
10:30 AM	CAMPER MORNING SNACK
11:30 – 11:45 AM	WATER/BATHROOM BREAK
11:45 – 12:30 PM	LUNCH
12:30 – 12:45 PM	CLEAN UP/BATHROOM BREAK
12:45 PM	SWIMMING/THEMED ACTIVITIES
2:00 PM	YMCA AFTERNOON SNACK
4:00 PM	OFFICIAL END TIME
4 – 6:00 PM	FREE EXTENDED CARE



CAPTAIN Y AND THE SUPER CAMPERS

WEEK 1*: JUNE 10 - JUNE 14

**subject to change pending school calendar*
Calling all super campers! Kick your summer off right and join us for a fun filled week. Discover your camp super power, show your physical strength while you run obstacle courses, and test your mental stamina in trivia challenges!
FIELD TRIP: TRI-CITIES HISTORICAL MUSEUM.

THE GREAT OUTDOORS

WEEK 2: JUNE 17 - JUNE 21

Attention outdoor enthusiasts! Come explore the great outdoors while at camp! We will hike the trails, explore nature, get our hands dirty and soak up the sunshine!
FIELD TRIP: HEMLOCK CROSSING (\$40 FEE)



TREASURE HUNTERS

WEEK 3: JUNE 24 - JUNE 28

Treasure hunting will reach new heights as we search for treasure. Scavenger hunts, hidden clues, secret codes, and riddles will all be part of the adventure.
FIELD TRIP: DIS/ADV - GRAND RAPIDS CHILDREN'S MUSEUM (\$40 FEE), EXP/TRB/LIT - GRAND RAPIDS PUBLIC MUSEUM (\$40 FEE)

ULTIMATE SURVIVOR

WEEK 4: JULY 1 - JULY 5

NO CAMP JULY 4

This week will be filled with excitement at every corner. Can your team survive? 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 test your camper's limits from start to finish!

SPLASH INTO SUMMER

WEEK 5: JULY 8 - JULY 12

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, and water balloons.
FIELD TRIP: EXP/TRB/LIT - MICHIGAN'S ADVENTURE (\$50 FEE)



GAMESHOW MANIA

WEEK 6: JULY 15 - JULY 19

Come on down! You are the next contestant on Camp is Right! Put your skills to the test to see who can come out on top! We will participate in popular game show activities throughout the week. Campers will also design and create their own board game!
FIELD TRIP: EXP/TRB/LIT - CRAIG'S CRUISERS (\$50 FEE)

JUNGLE JAM

WEEK 7: JULY 22 - JULY 26

It's a jungle out there! This week we'll learn all about our animal friends and their habitats. We'll be crawling, slithering, and galloping through a range of animal activities!
FIELD TRIP: JOHN BALL ZOO (\$40 FEE)



COAST GUARD WEEK

WEEK 8: JULY 29 - AUGUST 2

Join us as we celebrate our wonderful community and participate in fun activities and adventures that are a part of the Coast Guard festivities. Salute the Coasties, tour vessels, and attend COAST GUARD KID'S DAY!

WACKY WATER WEEK

WEEK 9: AUGUST 5 - AUGUST 9

Cool down from the summer heat with our wacky water fun! Come ready to get wet and enjoy swimming, water games, relays, water balloons, and team competitions.
FIELD TRIP: EXP/TRB/LIT - MICHIGAN'S ADVENTURE (\$50 FEE)

EXTREME ENGINEERS

WEEK 10: AUGUST 12 - AUGUST 16

Come to camp with your minds sharp and ready for invention! Hands-on activities that will encourage problem solving skills, teamwork, creativity, and innovation! Your camper's imagination will spark when challenged to design, build, and create this week!
FIELD TRIP: HEMLOCK CROSSING (\$40 FEE)

CAMP REWIND

WEEK 11: AUGUST 19 - AUGUST 23

It's time to wrap up the summer with all our friends! Camp will be filled with the best games and activities from the best weeks! All campers will shine in 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!



BELONGING. ACHIEVEMENT. FRIENDSHIP.



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 various categories: **Learning Tree Camps** and **Sports & Specialty Camps**.

WHAT FAMILIES NEED TO KNOW

HALF DAY CAMP HOURS

Morning Camps: 9:00 AM – 11:30 AM
Afternoon Camps: 12:30 PM – 3:00 PM

IF 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 NONMEMBERS) to the price of any Half-Day Camp. For children ages 3–12, we also offer the additional hours of childcare before or after our half-day camps through our Licensed Childcare Program (refer to Page 6 for details).

COST

Refer to each camp listing for pricing information, including required deposits.

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 annually 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 a water bottle every day.

PAYMENT/LATE FEES/CANCELLATIONS/REFUNDS

A **NON-REFUNDABLE/NON-TRANSFERABLE** deposit is due at the time of camp and registration. See camp listing for deposit amount. The remaining balance must be paid in full the Wednesday prior to camp start date. Payments may be scheduled for **AUTOMATIC DEDUCTION** upon request. Please stop by the **WELCOME CENTER** to make arrangements for your automatic deduction. Late registration may be processed up to 5:00 PM the Friday before the camp start date. An additional fee of \$40 will be charged. Cancellations must be made 7 days before the camp start date. **DEPOSITS ARE NON-REFUNDABLE/NON-TRANSFERABLE.**

What is **YOUR** favorite
#learningtreecamp or
#tcfymcasportscamp story?

We would love to hear it! Contact Kelly Ruffing to share!
kelly.ruffing@tcfymca.org



LEARNING TREE CAMPS

Skilled teachers provide an exciting, 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. Our camps are filled with 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, sports, and more.



LEARNING TREE PRESCHOOL: HALF DAY CAMPS

9:00 - 11:30 AM

MEMBER: \$65
NONMEMBER: \$80
DEPOSIT: \$25



BUGGING OUT JUNE 10 - JUNE 14

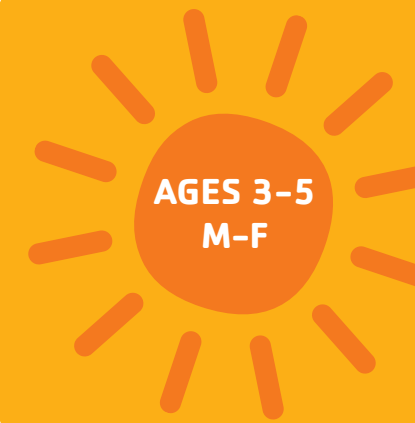
Caterpillars, ladybugs, and fireflies, oh my! Discover the great big world of bugs and every-thing that goes buzz! We will have fun learning about bugs that creep, crawl, and fly!

LEARNING TREE PRESCHOOL: HALF DAY CAMPS

9:00 - 11:30 AM

MEMBER: \$90
NONMEMBER: \$100
DEPOSIT: \$25

**MUST BE POTTY TRAINED*



REPTILIAN ADVENTURE JUNE 10 - JUNE 14

Take a walk on the wild side and explore the world of reptiles. Lizards, snakes, turtles and crocodiles will all be explored. We will learn about each reptile's habitat, diet, and super cool creature features.

ARTS OF ALL SORTS JUNE 17 - JUNE 21

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!

SUPER WINGS JUNE 24 - JUNE 28

Come fly away and earn your wings! This aviation themed camp will be filled with jets, planes, helicopters and everything that flies. Get ready to take off on an adventure this week!

BUBBLES, BALLS, AND BALLOONS JULY 1 - JULY 5

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.

BIG TRUCKS CAMP JUNE 17 - JUNE 21

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!

MINI MASTERPIECES JUNE 24 - JUNE 28

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!

STEM ACADEMY JULY 1 - JULY 5 *NO CAMP JULY 4*

This camp will combine science, imagination, and fun! Your little scientist will explore, experiment, and create all while having fun! Be prepared for all things sticky, ooey, and fascinating this week!

PREHISTORIC ADVENTURE JULY 8 - JULY 12

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!

MONSTER TRUCKS AND MACHINES JULY 15 - JULY 19

All things trucks and machines! Your preschoolers favorite monster trucks will be explored through books and play along with a special monster machine visit!

SUPER HERO CAMP JULY 22 - JULY 26

Calling all 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!

SPECTACULAR SPANISH JULY 8 - JULY 12

Una semana lleno de espanol! A week's worth of Spanish! We will move through our days reading, creating and playing each day with a different latino theme: arte, comida (food), futbol, y nuestros cuerpos (our bodies).

TOP CHEF COOKING JULY 15 - JULY 19

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!

SUPER SLEUTHS JULY 22 - JULY 26

Learn all about your favorite pop culture detectives and crime fighting heroes while putting your very own super sleuth skills to the test. There will be secret codes to break, mysteries to solve, and villains to apprehend!

WACKY WATER VEHICLES JULY 29 - AUGUST 2

What floats your boat? This week we will learn all about water vessels that dive deep, sail, and tug. Nautical fun and water adventures await!

PRESCHOOL PETS AUGUST 5 - AUGUST 9

Come explore the world of pets! We will set up our own playtime pet shop and learn all about some of our favorite pets and how to care for them.

BACKYARD BARNYARD AUGUST 12 - AUGUST 16

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"!

COASTIE'S CAMP JULY 29 - AUGUST 2

We will celebrate everything red, white, and blue, the Coast Guard, and the Great Lakes this week. Send your little Coastie for classroom fun with ships, sails, and search and rescue adventures!

SWEETS AND TREATS AUGUST 5 - AUGUST 9

Get ready to whip up delicious desserts this week! We will explore the sweet world of cupcakes, cake pops, cookies and bars! Campers can indulge in the joy of learning to dip, frost, bake, and decorate each yummy treat.

GARDEN GANG AUGUST 12 - AUGUST 16

Do you have a green thumb? If not, don't worry! This week we'll create fairy gardens, plant and water seeds, and harvest veggies from the YMCA garden to create a fresh and healthy summer treat!

SPORTS AND SPECIALTY CAMPS

AGES 2 – 3 9:30 –11:00 AM									
	JUNE 10-14	JUNE 17-21	JUNE 24-28	JULY 8-12	JULY 15-19	JULY 22-26	AUG 5-9	AUG 12-16	AUG 19-23
GYMNASTICS CAMP Campers will practice a wide range of skills on the various gymnastics equipment. Come ready to improve current skills, as well as learn new skills!	T/TH		T/TH		T/TH		T/TH		T/TH
PRINCESS DANCE CAMP Come twirl like a royal princess at dance camp! Dancers will twirl, jump, tumble and pointe their way to a love for dance! A positive introduction to dance will be explored in a non-competitive environment. Basic ballet and creative movement will be taught!		T/TH				T/TH		T/TH	
ANIMAL EXPLORERS If your little one 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!			T/TH		T/TH			T/TH	
LITTLE NINJAS The YMCA has ninja camps your little one will FLIP for! Ninjas will run, jump, roll and flip through obstacle courses and challenges. Test your ability to climb the rock wall, walk the slack line, swing on the rope and flip over the mats in our Ninja room!	T/TH			T/TH		T/TH			T/TH
SPORTS GALORE Sports Galore 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.		T/TH		T/TH			T/TH		
MEMBERS: \$30 NONMEMBERS: \$45 DEPOSIT: \$25									



AGES 3 – 5 9:00 –11:30 AM CAMPERs MUST BE POTTY TRAINED									
	JUNE 10-14	JUNE 17-21	JUNE 24-28	JULY 8-12	JULY 15-19	JULY 22-26	AUG 5-9	AUG 12-16	AUG 19-23
GYMNASTICS CAMP Gymnasts will climb, crawl, jump, and roll through stations on bars, beam, floor, and vault. This camp is a FUN introduction to preschool gymnastics and movement education.	M – F	M – F		M – F		M – F	M – F		M – F
PRINCESS DANCE CAMP Come twirl like a royal princess at dance camp! Dancers will twirl, jump, tumble and pointe their way to a love for dance! A positive introduction to dance will be explored in a non-competitive environment. Basic ballet and creative movement will be taught!			M – F					M – F	
DANCE/CHEER/GYMNASTICS Tumble, Dance & Cheer your week away! Allow your child to sample dance, cheer and gymnastics in this week long camp to discover where their interest might be.					M – F		M – F		
NINJA CAMP The YMCA has ninja camps your little one will FLIP for! Ninjas will run, jump, roll and flip through obstacle courses and challenges. Test your ability to climb the rock wall, walk the slack line, swing on the rope and flip over the mats in our Ninja room!	M – F	M – F			M – F	M – F	M – F	M – F	
SPORTS GALORE Sports Galore 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.		M – F	M – F	M – F				M – F	M – F
MEMBERS: \$90 NONMEMBERS: \$100 DEPOSIT: \$25									

SPORTS AND SPECIALTY CAMPS

AGES 6 – 8 9:00 –11:30 AM		JUNE 10-14	JUNE 17-21	JUNE 24-28	JULY 8-12	JULY 15-19	JULY 22-26	AUG 5-9	AUG 12-16	AUG 19-23
GYMNASTICS CAMP Campers will practice a wide range of skills on the various gymnastics equipment. Come ready to improve current skills, as well as learn new skills!		M-F (GIRLS)	M-F (GIRLS)	M-F (GIRLS)	M-F (GIRLS)	M-F (BOYS)	M-F (GIRLS)	M-F (GIRLS)	M-F (BOYS)	M-F (GIRLS)
DANCE/CHEER/GYMNASTICS Join us for a week of packed with dancing, cheering, and gymnastics. Campers will learn dances, cheers, stunts, jumps, tumbling, and gymnastics. Skills on beam, bars, floor and vault will be worked on!			M-F						M-F	
DANCENASTICS 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.						M-F				M-F
NINJA CAMP (CO-ED) The YMCA has ninja camps your kids will FLIP for! Ninjas will run, jump, roll and flip through obstacle courses and challenges. Test your ability to climb the rock wall, walk the slack line, swing on the rope and flip over the mats in our Ninja room!		M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F	M-F
SPORTS GALORE When kids play sports, they get more than just exercise they are physically healthier, have higher self-esteem and a healthier body image. Our sports camps emphasize healthy competition, teamwork and individual development, but most of all FUN! Sports Galore is a combination of many different sports including basketball, soccer, baseball, football, volleyball, hockey, gymnastics and non-traditional sports such as Gaga Pit, Squirrel tag, four square and many more too!					M-F		M-F	M-F		M-F
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.				M-F			M-F			
SPY KIDS Get ready for a harrowing spy adventure! Super sleuths in training will 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!			M-F	M-F	M-F		M-F	M-F		M-F
FISHING CAMP Think you can catch the biggest fish? Campers will learn about fishing techniques, knot tying and tackle. No experience necessary. OWN FISHING POLE HIGHLY RECOMMENDED! Limited poles available.			M-F		M-F	M-F				
MEMBERS: \$90 NONMEMBERS: \$100 DEPOSIT: \$25										

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 team building activities, games, and of course, LOTS OF GYMNASTICS! We will strengthen old skills and learn new ones!

JUNE 24-28 / JULY 8-12 / AUG 5-9 / AUG 19-22
9:00 AM - 4:00 PM

MEMBERS: \$140 NONMEMBERS: \$160

NO BEFORE OR AFTER CARE PROVIDED!

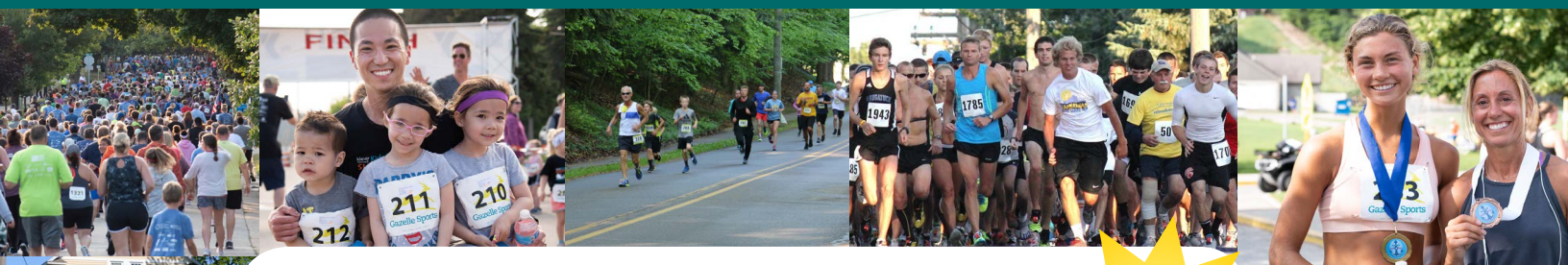
AGES 9 – 13 9:00 –11:30 AM		JUNE 10-14	JUNE 17-21	JUNE 24-28	JULY 8-12	JULY 15-19	JULY 22-26	AUG 5-9	AUG 12-16	AUG 19-23
GYMNASTICS CAMP Campers will practice a wide range of skills on the various gymnastics equipment. Come ready to improve current skills, as well as learn new skills!				M-F (GIRLS)	M-F (GIRLS)	M-F (BOYS)	M-F (GIRLS)	M-F (GIRLS)	M-F (BOYS)	
NINJA CAMP (CO-ED) The YMCA has ninja camps your kids will FLIP for! Ninjas will run, jump, roll and flip through obstacle courses and challenges. Test your ability to climb the rock wall, walk the slack line, swing on the rope and flip over the mats in our Ninja room!		M-F		M-F	M-F		M-F	M-F		M-F
SPORTS GALORE When kids play sports, they get more than just exercise they are physically healthier, have higher self-esteem and a healthier body image. Our sports camps emphasize healthy competition, teamwork and individual development, but most of all FUN! Sports Galore is a combination of many different sports including basketball, soccer, baseball, football, volleyball, hockey, gymnastics and non-traditional sports such as Gaga Pit, Squirrel tag, four square and many more too!			M-F			M-F			M-F	
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.			M-F			M-F				
FISHING CAMP Think you can catch the biggest fish? Campers will learn about fishing techniques, knot tying and tackle. No experience necessary. OWN FISHING POLE HIGHLY RECOMMENDED! Limited poles available.			M-F		M-F	M-F				
MEMBERS: \$90 NONMEMBERS: \$100 DEPOSIT: \$25										





TRI-CITIES FAMILY YMCA
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GRAND HAVEN, MI 49417

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40th Annual

Kick-Off to Summer Run

5K • 1 Mile Fun Run • Tot Trot

Saturday, May 25, 2019

Coast Guard Festival Run

10K • 5K • 1 Mile Fun Run • Tot Trot

Saturday, July 27, 2019

Save the
dates!

