



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



A NEW YEAR!

A  
BETTER  
YOU!

TRI-CITIES FAMILY YMCA

WINTER 2020

PROGRAM GUIDE



# the WELCOME TO THE Y! WE'RE GLAD YOU ARE HERE!

## GET CONNECTED WITH US!

### TRI-CITIES FAMILY YMCA

1 Y DRIVE  
GRAND HAVEN, MI 49417  
616.842.7051 | [www.tcfymca.org](http://www.tcfymca.org)

### 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.

### HOURS OF OPERATION

MON - THU: 5:00 AM - 9:30 PM  
FRI: 5:00 AM - 9:00 PM  
SAT: 7:00 AM - 6:00 PM  
SUN: 7:00 AM - 5:00 PM

### 2019 HOLIDAY SCHEDULE

Thanksgiving Day: 7:00 - 11:00 AM  
Christmas Eve: 5:00 AM - 1:00 PM  
Christmas Day: CLOSED  
New Year's Eve: 5:00 AM - 1:00 PM  
New Year's Day: 8:00 AM - 2:00 PM

### REGISTRATION INFO

Register at the Welcome Center, by phone, or online.

#### WINTER 1 | JAN 6 - FEB 23

MEMBERS: DEC 16  
NONMEMBERS: DEC 18

#### WINTER 2 | FEB 24 - APR 19

MEMBERS: FEB 3  
NONMEMBERS: FEB 5



## JOIN OUR Y FAMILY!

### COMMUNITY OPEN HOUSE | JANUARY 11, 2020 | 9:00 AM - 2:00 PM

8:00 - 9:00 AM	SPIN®
9:15 - 10:00 AM	H.I.I.T Fitness Class
10:00 AM - 12:00 PM	Learning Tree Preschool Open House
12:30 - 1:30 PM	Family Jungle Gym
12:30 - 1:30 PM	Open Family Swim

CHECK IT OUT!

### MEMBERSHIP TYPES

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

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

### 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 are available at our Welcome Center and on our website.

### MEMBERSHIP BENEFITS

- FREE Kids' World & ACE Place\*
- FREE Group Fitness Classes
- FREE Equipment Orientation
- FREE Jump Start Program
- FREE Jungle Gym
- FREE Noon Basketball and Pickleball
- Reduced Program Fees
- National Membership
- 25 meter Pool
- HD Cardio Theater
- Weight room & Racquetball
- FREE Towel Service

\*Family & Parent/Child Memberships

## THE FUN STUFF! TABLE OF CONTENTS

### EVENTS

Events at a Glance	3
Events in Detail	4

### YOUTH DEVELOPMENT

Childcare Programs	5
Learning Tree Preschool	6
Parent/Tot & Ninja Classes	7
Preschool Gymnastics	8
Boys & Girls Gymnastics	9
Youth Sports	10
Youth Health & Fitness	11

### AQUATICS

Aquatics & Swim Safety	12
Aquatics & Swim Classes	13
Aquatics & Safety Training	14

### FITNESS & WELLNESS

Adult Health & Fitness	15-16
Healthy Aging & Adult Sports	17

### SOCIAL RESPONSIBILITY

Annual Campaign	18
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## IT'S NICE TO MEET YOU! MEET OUR LEADERSHIP TEAM

Gregory Coil, CEO  
[greg.coil@tcfymca.org](mailto:greg.coil@tcfymca.org)

John Charon, Aquatics Director  
[john.charon@tcfymca.org](mailto:john.charon@tcfymca.org)

Brandy Fisher, Health & Wellness Coordinator  
[brandy.fisher@tcfymca.org](mailto:brandy.fisher@tcfymca.org)

Kelly Haracourt, Administration Support, Marketing & Special Event Coordinator  
[kelly.haracourt@tcfymca.org](mailto:kelly.haracourt@tcfymca.org)

Kristy Hubert, Membership Coordinator  
[kristy.hubert@tcfymca.org](mailto:kristy.hubert@tcfymca.org)

Elizabeth Huisman, Philanthropy & Administrative Coordinator  
[elizabeth.huisman@tcfymca.org](mailto:elizabeth.huisman@tcfymca.org)

Sally Kulikamp, Human Resources Specialist  
[sally.kulikamp@tcfymca.org](mailto:sally.kulikamp@tcfymca.org)

Meredith Long, Senior Program Director  
[meredith.long@tcfymca.org](mailto:meredith.long@tcfymca.org)

Dave Osborn, Facilities & Maintenance Director  
[dave.osborn@tcfymca.org](mailto:dave.osborn@tcfymca.org)

Kelly Ruffing, Marketing & Communications Manager  
[kelly.ruffing@tcfymca.org](mailto:kelly.ruffing@tcfymca.org)

Katie Steele, Youth Sports Director  
[katie.steele@tcfymca.org](mailto:katie.steele@tcfymca.org)

Ashley Van Lopik, Licensed Childcare Director  
[licensed.childcare@tcfymca.org](mailto:licensed.childcare@tcfymca.org)

Barb VanOstran, Finance Director  
[barbara.vanostran@tcfymca.org](mailto:barbara.vanostran@tcfymca.org)

### OUR BOARD OF DIRECTORS

Chris Streng, Chair  
Susan Petrus, Vice Chair  
Jim Davidson, Treasurer  
Amylyn Robbins, Secretary  
Daniel Martin, At-Large  
Kathy Humphrey, Immediate Past Chair

Tammy Basil  
Jeffrey Beswick  
Lew Gorbach  
Jud Highhill  
Adam Kelly  
David Redeker  
Gerald Witherell, Jr.





# MARK YOUR CALENDARS

JANUARY

Saturdays

M/W/TH

10th

11th

17th

24th

Open Gymnastics | 11:00 AM - 12:00 PM

Jungle Gym | 10:30 AM - 12:30 PM

Kids Night Out | 5:30-8:30 PM

Family Fitness | 10:30-11:00 AM

Popcorn & Movie Night | How to Train Your Dragon | 5:30-8:30 PM

Kids Night Out | 5:30-8:30 PM

FEBRUARY

Saturdays

M/W/TH

5th

7th

9th

12th

14th

21st

28th

Open Gymnastics | 11:00 AM - 12:00 PM

Jungle Gym | 10:30 AM - 12:30 PM

Y Tea Time | 9:00 - 10:30 AM

Popcorn & Movie Night | Secret Life of Pets 2 | 5:30-8:30 PM

Indoor Triathlon | 10:00 AM - 1:00 PM

Family Fitness | 5:15-5:45 PM

Kids Night Out | 5:30-8:30 PM

Popcorn & Movie Night | Wonder Park | 5:30-8:30 PM

Kids Night Out | 5:30-8:30 PM

MARCH

Saturdays

M/W/TH

4th

6th

13th

14th

20th

27th

Open Gymnastics | 11:00 AM - 12:00 PM

Jungle Gym | 10:30 AM - 12:30 PM

Y Tea Time | 9:00 - 10:30 AM

Popcorn & Movie Night | Toy Story 4 | 5:30-8:30 PM

Kids Night Out | 5:30-8:30 PM

Family Fitness | 10:30-11:00 AM

Popcorn & Movie Night | Shrek | 5:30-8:30 PM

Kids Night Out | 5:30-8:30 PM

APRIL

Saturdays

M/W/TH

1st

15th

17th

24th

Open Gymnastics | 11:00 AM - 12:00 PM

Jungle Gym | 10:30 AM - 12:30 PM

Y Tea Time | 9:00 - 10:30 AM

Family Fitness | 5:15-5:45 PM

Popcorn & Movie Night | Ice Age | 5:30-8:30 PM

Kids Night Out | 5:30-8:30 PM

# EVENT INFORMATION

**Y TEA TIME**  
Please join us for a complimentary Y Tea Time every first Wednesday of the month! Tea, coffee and friendship will be served! One of our management team members will be in attendance each month to spend quality time getting to know you, as well as answer any questions you may have about what the Y has to offer! We hope you participate in this great opportunity to further strengthen our Tri-Cities Family YMCA family! **Y Tea Time will be held in our Welcome Center lobby.**

**KIDS NIGHT OUT  
AGES 3-12 YEARS**  
Skip the hassle of finding a sitter and send the kids to the Y for a fun-filled evening. Supervised activities will include pizza, games, bounce houses, obstacle courses, gymnastics, ninja warrior, glow stick dance parties and SO MUCH MORE!  
**\*REGISTRATION REQUIRED BY THURSDAY PRIOR. MUST BE POTTY TRAINED. Parents do not need to stay with child(ren).**

**MEMBERS | \$20\*      NONMEMBERS | \$25\***  
**(\*HALF PRICE FOR SIBLINGS)**

**POPCORN & MOVIE NIGHT  
AGES 3-10 YEARS**  
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. MUST BE POTTY TRAINED.**

**MEMBERS | \$15\*      NONMEMBERS | \$20\***  
**(\*\$5 OFF FOR SIBLINGS)**

**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.

**MEMBERS | \$5      NONMEMBERS | \$10**

**JUNGLE GYM  
WALKING-5 YEARS W/ 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).

**MEMBERS | FREE      NONMEMBERS | \$4/CHILD OR \$6/FAMILY**

**INDOOR TRIATHLON | FEB 9, 2020**  
Challenge yourself in this multi-sport event for all levels of fitness! Athletes will be started in waves every 20 minutes beginning at 10:00 AM. Participants will have 15 minutes on each leg of the race to accumulate as much yardage as possible. There is 5 minutes for transition between legs.

**\$30/PERSON  
\$75 FOR A TEAM OF 3**  
SPONSORED BY:



**WINTER BREAK FUN CAMP  
AGES 4-13 YEARS | AGES 14-15 YEARS CIT**  
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. **REGISTRATION NOW OPEN!**

**DEC 23 | 8:30 AM-4:30 PM  
DEC 24 | 8:30 AM-12:00 PM\*  
DEC 26-27, DEC 30 | 8:30 AM-4:30 PM  
DEC 31 | 8:30 AM-12:00 PM\*  
JAN 2-3 | 8:30 AM-4:30 PM**

**DAILY COST  
MEMBERS | \$45      NONMEMBERS | \$55**

**\*1/2 DAY COST ON DEC 24 AND DEC 31  
MEMBERS | \$20      NONMEMBERS | \$25**

**FULL SESSION COST  
MEMBERS | \$215      NONMEMBERS | \$245**

A \$40 NON-REFUNDABLE deposit is due at the time of 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.

**FAMILY FITNESS**  
Family Fitness is a NEW fitness class for the ENTIRE FAMILY! Join two of our certified fitness instructors for 30 minutes of active family fun! Participants will do an interval workout, using body weight, medicine balls, ladders, hurdles, and more! Children must be accompanied by an adult.

**MEMBERS | FREE      NONMEMBERS | \$10**

**PLEASE FIND DATES AND TIMES FOR THESE SPECIAL EVENTS ON THE OPPOSITE PAGE.**



# CHILDCARE PROGRAMS



## LICENSED 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, **age 3-12 years (must be potty trained)**, can learn and grow. We offer enriching, creative hands-on activities, field trips and the opportunity for your child to participate in other Y programming while in our care. **HARBOR TRANSIT FRIENDLY! OPEN SNOW DAYS!**



NEW!

### MONDAY - FRIDAY | 7:00 AM - 6:00 PM

MEMBERS		NONMEMBERS (\$40 Registration Fee)	
Number of Days	Fee	Number of Days	Fee
Daily	\$45	Daily	\$50
2 Days	\$85	2 Days	\$95
3 Days	\$125	3 Days	\$140
4 Days	\$165	4 Days	\$185
5 Days	\$205	5 Days	\$230

**LUNCH CLUB | \$12.50/day:** Lunch Club is a great option for children that need care between Learning Tree Preschool and Spanish class or children needing less than 1 hour of care after Preschool.

*\*Fees are based on days of care during same calendar week*

**NEW LUNCH OPTION! Purchase your child's lunch from Lake Effect Kitchen, LLC!** Healthy and affordable options every week! Easy, online ordering and delivery to your child at the YMCA! Contact Ashley Van Lopik at [licensed.childcare@tcfymca.org](mailto:licensed.childcare@tcfymca.org) for more information.

## KIDS' WORLD & ACE PLACE | DROP-IN CHILDCARE

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 and ACE Place services are provided for parents while attending classes, using the Y for fitness, or participating in activities **WITHIN THE FACILITY**. Children play under the supervision of caring, trained YMCA staff for up to a **MAXIMUM OF TWO HOURS** per visit. **All fees are non-refundable/non-transferable and are paid at the Welcome Center.**

KIDS' WORLD						
AGE	MON-THURS	FRI	SAT	SUN	MEMBER FEE	OTHER MEMBERSHIPS/ NONMEMBERS
3 MOS TO 10 YEARS	8:15 AM - 8:00 PM	8:15 AM - 3:30 PM	8:15 AM - 1:00 PM	12:00 PM - 3:30 PM	<b>FREE</b> WITH FAMILY OR PARENT/ CHILD MEMBERSHIP OR \$5 IF PARENT HAS MEMBERSHIP	\$5/VISIT/CHILD OR \$20/MONTH/CHILD OR \$150/YEAR/CHILD <b>NONMEMBER:</b> \$6/CHILD/VISIT
ACE PLACE						
3 YEARS TO 10 YEARS	4:30 PM - 8:00 PM	CLOSED Popcorn & Movie Nights on the 1st and 3rd Friday of the month (Jan and Apr: only 3rd Friday of the month)	8:30 AM - 12:00 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/CHILD/VISIT



# LEARNING TREE PRESCHOOL

## TRI-CITIES FAMILY YMCA LOCATION

CLASS OFFERINGS	DAYS	TIMES
TWO YEAR OLDS	T/TH	9:30 AM - 11:30 AM
TWO/THREE YEAR OLDS	M/W	9:15 AM - 11:45 AM
TWO/THREE YEAR OLDS	M/W	12:15 PM - 2:45 PM
THREE YEAR OLDS	T/TH	9:15 AM - 11:45 AM
THREE YEAR OLDS	M/W/F	9:15 AM - 11:45 AM
THREE/FOUR YEAR OLDS	T/TH/F	12:15 PM - 3:00 PM
MORNING PRE-K	M-TH	9:00 AM - 12:00 PM
AFTERNOON PRE-K/GSRP*	M-TH	12:15 PM - 3:15 PM
AFTERNOON PRE-K/YOUNG FIVES	M-F	12:15 PM - 3:15 PM
SPANISH	F	9:00 AM - 11:00 AM

Learning Tree Preschool is a **GREAT PLACE TO GROW!** We are **FULLY-LICENSED**, with a dedicated and highly qualified staff. Call 616.842.7051 ext. 242 to schedule a tour, talk with teachers and our Director, and see our program in action!

**All class offerings are subject to change.**

\*Great Start Readiness Program (GSRP); These materials were developed under a grant awarded by the Michigan Department of Education.



## SPRING LAKE LOCATIONS

CLASS OFFERINGS	DAYS	TIMES
SPRING LAKE INTERMEDIATE SCHOOL		
HALF-DAY MORNING PRE-K	M-TH	9:00 AM - 12:00 PM
HALF-DAY AFTERNOON PRE-K	M-TH	12:30 PM - 3:30 PM
HOLMES ELEMENTARY SCHOOL		
FULL DAY PRE-K/GSRP*	M-TH	9:00 AM - 3:30 PM

## REGISTRATION

### 2020-2021 SCHOOL YEAR

*All registrations take place at the Tri-Cities Family YMCA*

## TRI-CITIES FAMILY YMCA LOCATION

### OPEN HOUSE

JAN 11 | 10:00 AM - 12:00 PM

### REGISTRATION

Current Learning Tree Students & Siblings

FEB 3 | 9:00 AM - 3:00 PM

YMCA Members

FEB 4 | 9:00 AM - 3:00 PM

NONMEMBERS

FEB 5 | 9:00 AM - 3:00 PM



## SPRING LAKE LOCATIONS

### REGISTRATION

Spring Lake School District Residents

FEB 3-14 | 9:00 AM - 3:00 PM

YMCA Members/Non-SL District

FEB 17-21 | 9:00 AM - 3:00 PM

NONMEMBERS

FEB 24 | 9:00 AM - 3:00 PM





PARENT/TOT  
& NINJA CLASSES



PARENT/TOT CLASSES	AGE	MON	TUES	WED	THURS	FRI	CLASS LENGTH
<b>ROLLIE POLLIE</b> Your child will be introduced to basic tumbling movements. Come climb, crawl, jump and roll through obstacle courses close to the ground with your little one.	12-24 MONTHS W/ADULT	5:30 PM		9:30 AM			40 MINS
<b>NINJA TINY TOTS</b> This class is for our littlest ninjas that love to climb! They will jump, roll, balance and climb through our mini obstacle courses off of the ground.	12 MON & WALKING-24 MON W/ ADULT				9:30 AM		40 MINS
<b>NINJA TOTS</b> Your toddler will FLIP for this Ninja class! Ninjas will swing, climb, jump, roll, and balance through obstacle courses.	2 & 3 YR OLDS W/ ADULT	10:30 AM			10:30 AM	11:30 AM	45 MINS
<b>DANCE GYMNASTICS</b> Get ready to shake, rattle and roll as you partner with your toddler to explore gymnastics and dance. This class will be a combination of creative movement, rhythm, and gymnastics.	2 & 3 YR OLDS W/ ADULT	4:30 PM	10:30 AM	6:30 PM	9:30 PM		45 MINS
<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 YR OLDS W/ ADULT	10:30 AM	4:30 PM	11:30 AM			45 MINS
<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. This is a transition class into the Beginner 3's class.	2 & 3 YR OLDS W/ ADULT	9:30 AM	5:30 PM	4:30 PM	6:30 PM	10:30 AM	45 MINS
MEMBERS   \$45    NONMEMBERS   \$75							

NINJA CLASSES - CO-ED	AGE	MON	TUES	WED	THURS	FRI	CLASS LENGTH
<b>LIL' NINJA</b>	3-4 YR OLDS	9:30 AM	11:30 AM 5:30 PM	5:30 PM	6:30 PM	10:30 AM 12:30 PM	45 MINS
<b>NINJA JUNIOR BEGINNER</b>	5-8 YR OLDS	4:30 PM	4:30 PM	6:30 PM	5:30 PM		45 MINS
<b>NINJA JUNIOR INTERMEDIATE</b>	5-8 YR OLDS	5:30 PM		4:30 PM			45 MINS
<b>NINJA BEGINNER</b>	9-13 YR OLDS	6:30 PM		7:30 PM	4:30 PM		45 MINS
<b>NINJA INTERMEDIATE</b>	9-13 YR OLDS	7:30 PM			7:30 PM		45 MINS
MEMBERS   \$50    NONMEMBERS   \$80							



PRESCHOOL  
GYMNASTICS

PRESCHOOL GYMNASTICS	MON	TUES	WED	THURS	FRI	CLASS LENGTH
<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. Coach recommendation required to move up to Intermediate 3's.	11:30 AM 6:30 PM	9:30 AM 11:30 AM 6:30 PM	10:30 AM 5:30 PM	10:30 AM 11:30 AM 4:30 PM 5:30 PM	9:30 AM 12:30 PM	45 MINS
<b>INTERMEDIATE 3'S</b> This intermediate 3's class is for those who have mastered Beginner 3's and have great listening skills. Your gymnast will be working on cartwheels, being comfortable on high beam, working on arm strength on bars and working on jumping on two feet on vault. Coach recommendation is required to register.	4:30 PM	11:30 AM	4:30 PM	6:30 PM	9:30 AM	45 MINS
<b>BEGINNER 4 &amp; 5 Year Olds</b> This beginner 4/5 class is perfect for a gymnast who loves to roll, jump, balance on two feet and hang on bars. They will go through a variety of obstacle courses at beam, floor, bars and vault.	6:30 PM	10:30 AM 4:30 PM	6:30 PM	5:30 PM	10:30 AM	45 MINS
<b>INTERMEDIATE 4 &amp; 5 Year Olds</b> This class is for those who have mastered Beginning 4/5. Gymnasts will add more skills, such as what a lunge looks like, advancing cartwheel skills, backward rolls, pull-over on bars, mounting the beam and "one-foot, two-foot" jumps at vault.	5:30 PM	9:30 AM 6:30 PM	5:30 PM	4:30 PM	11:30 AM	45 MINS
<b>SUPER STARS (Pre-Team)</b> Super Stars is for our younger gymnasts that have demonstrated natural ability, focus and passion for gymnastics. This is the entry level to our Fun Team program. <b>Coach recommendation required!</b>		5:30 PM	5:30 PM	4:30 PM		55 MINS
MEMBERS   \$50    NONMEMBERS   \$80                      SUPER STARS: MEMBERS   \$55    NONMEMBERS   \$85						

TUMBLING   AGES 6-15	MON	TUES	WED	THURS	FRI	CLASS LENGTH
<b>BEGINNER TUMBLING</b> Basic tumbling skills will be taught, including rolls, cartwheels, handstands and bridges.	5:30 PM			4:30 PM		45 MIN
<b>INTERMEDIATE TUMBLING</b> Participants will build on beginner tumbling skills.			4:30 PM			45 MIN
<b>ADVANCED TUMBLING</b> Must pass Intermediate Tumbling or have a coach evaluation to register.	4:30 PM			5:30 PM		45 MIN
MEMBERS   \$50    NONMEMBERS   \$80						

# BOYS & GIRLS GYMNASTICS



## TRI-CITIES FAMILY YMCA GYMNASTICS

The Tri-Cities Family YMCA Gymnastics program focuses on building **STRENGTH**, increasing **FLEXIBILITY** and improving **COORDINATION**. Gymnasts will be trained on floor, vault, bar, beam and trampoline. Progressive skills will be taught at each level!

GIRLS GYMNASTICS   AGES 6-15	MON	TUES	WED	THURS	FRI	CLASS LENGTH
BEGINNING GYMNASTICS 1	4:30 PM 6:30 PM	5:30 PM	4:30 PM 6:30 PM	5:30 PM		55 MINS
BEGINNING GYMNASTICS 2	5:30 PM	4:30 PM 6:30 PM	5:30 PM	4:30 PM 6:30 PM		55 MINS
INTERMEDIATE GYMNASTICS 1	4:30 PM 6:30 PM	5:30 PM	5:30 PM 6:30 PM	4:30 PM		55 MINS
INTERMEDIATE GYMNASTICS 2	5:30 PM	4:30 PM 6:30 PM	4:30 PM	5:30 PM 6:30 PM		55 MINS
ADVANCED GYMNASTICS 1	4:30 PM			6:30 PM		1.5 HRS
ADVANCED GYMNASTICS 2		6:30 PM				1.5 HRS
BOYS GYMNASTICS   AGES 6-12	MON	TUES	WED	THURS	FRI	CLASS LENGTH
BOYS ONLY			5:30 PM	5:30 PM		55 MINS
MEMBERS   \$55    NONMEMBERS   \$85    ADVANCED: MEMBERS   \$80    NONMEMBERS   \$110						



## 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 at 616-842-7051 ext 225.**



# YOUTH SPORTS



SPORTS CLASSES	AGE	MON	TUES	WED	THURS	FRI	CLASS LENGTH	MEM	NON MEM
<b>SOCCER (WINTER 1)</b> Basic soccer skills and teamwork will be taught through fun games and drills.	3-4	5:30 PM		9:30 AM 6:30 PM		10:30 AM	45 MIN	\$40	\$70
	5-8	4:30 PM			4:30 PM				
<b>SPORTS SAMPLER (WINTER 2)</b> Basketball, soccer, t-ball, golf, kickball, volleyball, floor hockey and gymnastics are just a few of the sports that will be introduced.	3-4		5:30 PM	9:30 AM	4:30 PM	10:30 AM	45 MIN	\$40	\$70
	5-8	5:30 PM	4:30 PM		5:30 PM				
<b>KICK, CATCH, THROW (WINTER 1)</b> Through a range of developmentally appropriate activities, children are introduced to the fundamentals of kicking, catching, throwing and teamwork.	3-4		4:30 PM	10:30 AM 5:30 PM	5:30 PM	9:30 AM	45 MIN	\$40	\$70
<b>ACTIVE MOVEMENT (WINTER 2)</b> Jumping, running, obstacle courses and relays. We will keep your child moving through several fun, large motor activities.	3-4	4:30 PM		10:30 AM		9:30 AM	45 MIN	\$40	\$70
<b>VOLLEYBALL (WINTER 1)</b> This fun recreational class will begin with 20 minutes of drills followed by a short scrimmage each night. Knee pads required.	5-8		6:30 PM				45 MIN	\$40	\$70
	9-13		7:30 PM						
<b>HOCKEY (WINTER 1)</b> Grab a stick and take the "face-off" to the fast, exciting game of hockey! Learn the fundamentals of stick handling, passing, and shooting for game play.	5-8		5:30 PM	4:30 PM			45 MIN	\$40	\$70
<b>DODGEBALL (WINTER 1 &amp; 2)</b> Dodgeball helps to develop hand-eye coordination, balance, flexibility and many other skills that transfer to other sports. Safe throwing skills will be taught.	5-8	6:30 PM			6:30 PM		45 MIN	\$40	\$70
	9-13	7:30 PM			7:30 PM				
<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	6:45 PM		6:45 PM			1 HR	\$50	\$80
	13 & UP	6:45 PM		6:45 PM					



# YOUTH HEALTH & FITNESS



## 7TH GRADE INITIATIVE

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.
- 2. One-time \$5 registration fee for key tag. \$5 for each additional lost key tag.
- 3. Complete forms, schedule an orientation and have fun!

## HEALTHY OUT OF SCHOOL TIME (HOST)

The Tri-Cities Family YMCA aims to provide a healthy, engaging environment for 7th graders. Our **HOST** programming follows Y-USA’s Healthy Eating and Physical Activity Standards. **HOST** schedule follows the **GHAPS** calendar. No **HOST** on half days or no school days.

TEEN FITNESS CLASSES	MON	WED	FRI
TEEN HIIT	3:15 PM		
TEEN CARDIO JAM		4:00 PM	
TEEN WEIGHT ROOM CIRCUITS			3:15 PM
HOST is held for 1 hour. A healthy snack will be provided, as well as social time, following each class.			

NEW!



## YOUTH FITNESS POLICY

Safety is our number one priority. The following age guidelines will help to ensure your family’s safety while enjoying all that our facility has to offer!

3 MON – 9 YRS  
WITH DIRECT  
PARENT/GUARDIAN  
SUPERVISION

- pool
- racquetball courts
- gym

10 YRS  
PARENT/GUARDIAN  
MUST BE IN THE Y  
FACILITY

- pool\*
- racquetball courts
- gym

11–12 YRS  
NO PARENT/GUARDIAN  
SUPERVISION NEEDED  
\*MUST PASS EQUIPMENT  
ORIENTATION AND  
STRENGTH TEST

- pool\*
- racquetball courts
- gym
- cardio room
- non-equipment fitness classes
- Cybex weight equipment

13 – 15 YRS  
NO PARENT/GUARDIAN  
SUPERVISION NEEDED  
\*MUST PASS EQUIPMENT  
ORIENTATION AND  
STRENGTH TEST

- pool\*
- racquetball courts
- gym
- cardio room
- all fitness classes, except Spin®
- Cybex weight equipment

16 YRS +  
NO PARENT/GUARDIAN  
SUPERVISION NEEDED  
\*EQUIPMENT  
ORIENTATION  
RECOMMENDED

- full use of facility

\*Must pass swim test in order to be in pool without parent/guardian supervision



# AQUATICS & SWIM SAFETY

## SWIM TEAM | MUSKEGON Y SWIM TEAM (MYST)

**Where “Everyone Swims, Everyone Wins”**  
The MYST, in cooperation with the Tri-Cities YMCA, is offering the opportunity for swimmers in Grand Haven, Ferrysburg, and Spring Lake to join this fun sport. Practices will take place at the Tri-Cities Family YMCA pool, with optional workouts for an additional fee, at the Muskegon High School pool. Meets will include team members from Grand Haven, Spring Lake, Ferrysburg, Muskegon, and Fremont. **REGISTER** at [myst@muskegonymca.org](mailto:myst@muskegonymca.org)

**MONDAYS, NOV 7 – DEC 23 | 4:00 – 5:30 PM**  
**MONDAYS & WEDNESDAYS, JAN 7 – FEB 12 | 4:00 – 5:30 PM**



NEW!



## INFANT SWIMMING RESOURCE’S (ISR) SELF-RESCUE LESSONS

Infant Swimming Resource’s (ISR) Self-Rescue lessons: teaches children beginning at the age of 6 months the aquatic problem-solving skills they need to survive in the water.

Each ISR lesson is one-on-one with the instructor and is highly individualized for each child’s needs and abilities. Lessons are 10 minutes long, 5 days per week. Lessons usually last on average 6 weeks, some children take less. Once skilled, all students use their aquatic skills fully clothed! Only one parent or caregiver needs to be present for lessons and you do not get into the water.

For information about pricing and scheduling please visit [www.LakeshoreISR.com](http://www.LakeshoreISR.com) or contact Certified ISR Instructor, Lisa Johnson, directly at [L.johnson@infantswim.com](mailto:L.johnson@infantswim.com) or text your name and email address to Lisa Johnson at 616.218.3661.





AQUATICS & SWIM CLASSES



SWIM INSTRUCTION	MON	TUES	WED	THURS	SAT	CLASS LENGTH
SWIM STARTERS						
<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.	-	9:30 AM	5:45 PM	9:30 AM	10:15 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.						
SWIM BASICS						
<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	10:45 AM	30 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.	11:00 AM 5:45 PM	10:30 AM 5:45 PM	5:45 PM	10:30 AM 5:45 PM	10:45 AM	30 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.	11:30 AM 5:30 PM	11:00 AM 5:30 PM	5:30 PM	11:00 AM 5:30 PM	10:30 AM	45 MIN
SWIM STROKES – <i>EARLY BIRD ONLINE REGISTRATION AVAILABLE DEC 9!</i>						
<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.	6:15 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.						
<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.						
SWIM STARTERS: MEMBERS: \$45   NONMEMBERS: \$65 SWIM BASICS & SWIM STROKES: MEMBERS: \$60   NONMEMBERS: \$80						

NEW!



AQUATICS & SAFETY TRAINING



AMERICAN RED CROSS LIFEGUARD TRAINING CLASS

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

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

MAR 6 | 4:00 - 8:00 PM  
MAR 7 | 9:00 AM - 6:30 PM  
MAR 8 | 9:00 AM - 6:30 PM  
Participants MUST attend ALL THREE DAYS to pass.

MEMBERS | \$175      NONMEMBERS | \$200

CPR

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/ workplace requirements. Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED, valid for two years.

JAN 15 | 5:00 - 9:00 PM  
MAR 11 | 5:00 - 9:00 PM

MEMBERS | \$65      NONMEMBERS | \$85



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 instruction. An instructor will work with you or your child to determine the best path to help achieve your personal goals. Please contact John Charon at john.charon@tcfymca.org or 616-842-7051 ext 239.

Single 30 Minute Session  
MEMBERS | \$30      NONMEMBERS | \$40  
Four 30 Minute Sessions  
MEMBERS | \$90      NONMEMBERS | \$110

BABYSITTING TRAINING

- In this class, youth 11 years 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 a babysitting business

Receive hands-on skill practice and additional training in first aid. Attendees will receive First Aid/CPR/AED 2-year certification.

JAN 18 | 8:00 AM - 3:00 PM  
MAR 28 | 8:00 AM - 3:00 PM

MEMBERS | \$100      NONMEMBERS | \$130



# ADULT HEALTH & FITNESS



## PERSONAL TRAINING

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

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

Prepayment and 24-hour cancellation notice required.

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

### Single 1-Hour Session

**MEMBERS | \$46** **NONMEMBERS | \$56**

### Six 1-Hour Sessions

**MEMBERS | \$230** **NONMEMBERS | \$290**

## EQUIPMENT ORIENTATIONS

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

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

## BODY COMPOSITION TESTING

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

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

**NONMEMBERS | \$30 FOR 1 TEST**

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

**"Personal Training at the Y has not only made a positive impact on me physically, it has also given me new confidence, new friendships, and new tools to live my best life!"** –Courtney Arens, 2 year participant in Personal Training at the Y

## 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 motivating certified instructors are ready to motivate you to be your best.

**MEMBERS | FREE**

**NONMEMBERS | \$15 DROP-IN**

## GROUP FITNESS CLASS OFFERINGS

Class offerings vary each session.



- Barre Above®
- Body Basics
- Cardio Core Circuits
- Cardio Jam
- Cardio Kickboxing
- Complete Core
- Fitness for Life
- H.I.I.T. and Tabata
- Kickbox Circuit
- Mobility 101
- Step
- Total Body Strength
- TRX Circuit
- Water Works



- Teen Fitness Classes
  - Family Fitness H.I.I.T.
- SEE PAGES 3 & 4 FOR MORE DETAILS**



- Buti Yoga®
- Chair Fitness
- Core Fitness Yoga
- Gentle Yoga
- Power Yoga
- Vinyasa Yoga



- Spin® & Sculpt
- Spinning®

All Fitness class schedules, including CrossFit, can be found online at **WWW.TCFYMCA.ORG**



# ADULT HEALTH & FITNESS

## NEW YEAR, NEW YOU CHALLENGE

Are you looking for a challenge to start your new year off right? Do you need some extra help holding yourself accountable when it comes to fitness and wellness? Look no further! Join the "New Year, New You" Fitness Challenge.

The Challenge is simple! Attend as many classes as you can each week! All ages and all fitness levels are encouraged to register. Members receive **FREE** fitness classes and all (excluding CrossFit) fitness classes count towards the Challenge. Our fitness staff will help track your progress and results. Challenge participants will receive weekly nutrition information and guidance, as well as a challenge t-shirt and weekly prizes! Join us as we begin a **NEW YEAR** and work toward a **NEW** (or improved) **YOU**!

**8 WEEK CHALLENGE: JAN 13 – MAR 6**

**MEMBERS | \$25**



**NEW!**

## TRI-CITIES CROSSFIT

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. Being a part of this program also allows one to have access to CrossFit equipment and open CrossFit space.

### How does a beginner start?

We encourage individuals to join us for a Try-It class. Upon joining, you will be integrated into the classes and introduced to various movements based on your current fitness level. Please contact Brandy Fisher at [brandy.fisher@tcfymca.com](mailto:brandy.fisher@tcfymca.com) for further information.

## YOGA INVERSIONS WORKSHOP SERIES

Amanda Kneese, YT200, will lead participants in a 7 week series of inversion yoga focused on building strength, flexibility, and balance, in both body and mind, while working toward a variety of challenging and fun yoga inversion postures. Each week participants will begin class with an understanding of the benefits and background of the pose we are working on, and prepare to move through an intelligent sequence of breath and movement to prepare you and build the foundation for a solid and confident approach to inversions. Modifications and variations leading up to each posture will ensure that every level will be challenged, but safe and successful in this class.

All levels are welcome, yet some yoga experience is recommended. All participants should be in general good health and free from injury. Certain contraindications should be observed prior to class registration: un-medicated high blood pressure, some heart conditions, neck injuries, recent strokes, detached retina, glaucoma, epilepsy, and pregnancy are common issues that should be addressed before inverting. Talk with your physician if you are unsure about your ability to participate.

**WINTER 1 | MONDAYS, JAN 6 – FEB 17, 10:15 – 11:15 AM**  
**WINTER 2 | MONDAYS, FEB 24 – APR 13, 10:15 – 11:15 AM**

**MEMBERS | \$40**

**NONMEMBERS | \$80**

## ZAZEN MEDITATION WORKSHOP

**LEARNING TO SIT STILL.** Karri Absenger, RYT-LPN, will teach you how to sit in meditation. Participants will use bolsters or blankets and learn the fundamentals of sitting in Zazen. Zazen is the form of meditation at the very heart of Zen practice with an emphasis on breath work. Chairs will be available for those that prefer sitting in a chair during meditation.

**WINTER 1 | JAN 11 – FEB 22, 10:30 – 11:30 AM**

**MEMBERS | \$40**

**NONMEMBERS | \$80**

## DIABETES PREVENTION PROGRAM®

We are one of more than 200 Y's across the country helping thousands of people reduce their risk of developing Type 2 Diabetes. This nationally recognized, small-group program helps people with pre-diabetes to eat healthier, increase their physical activity and lose weight to delay or prevent Type 2 Diabetes.

This program is on-going. Please contact the Welcome Center for further information.



# HEALTHY AGING & ADULT SPORTS



## 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.

**JAN 6 – APR 2**  
**MON/WED/FRI | 10:45 – 11:45 AM**

Registration **REQUIRED** by JAN 6.

**MEMBERS | FREE**      **NONMEMBERS | \$60**

## FUNCTIONAL AGING

Functional Aging means feeling good and thinking less about fitness and more about what you want your life to look like as the years go by. Tracy Riley, Certified Functional Aging Coach, will lead a discussion on what aging well looks like, how age can affect posture, balance, strength and flexibility, and most importantly, how to manage these age-related changes. Come ready to complete fitness tests and balance exercises!

**JAN 28 OR MAR 10 | 1:00 – 2:30 PM**

Registration **REQUIRED** by the Friday prior to class.

**MEMBERS | \$10**      **NONMEMBERS | \$15**

## 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 further information is available at the Welcome Center.**

**TUE/THURS/FRI | 10:30 – 11:15 AM**

**MEMBERS AND NONMEMBERS: FREE**



## NOON DROP-IN BASKETBALL

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

**MON/WED/FRI | 12:00 – 2:00 PM\***  
\*Schedule subject to change based on programming needs

**MEMBERS | FREE**      **NONMEMBERS | \$10**

## 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.

**TUE/THURS | 12:00 – 2:00 PM\***  
\*Schedule subject to change based on programming needs

**MEMBERS | FREE**      **NONMEMBERS | \$10**

## 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/WED | 6:45 – 7:45 PM**

**MEMBERS | \$50**      **NONMEMBERS | \$80**



# SOCIAL RESPONSIBILITY

## 2019-2020 ANNUAL CAMPAIGN CELEBRATION

### SUMMER DAY CAMP | A MIRAGE TO AN OASIS

The Tri-Cities Family YMCA held their 2nd Annual Campaign Celebration event on October 16th! Guests had the opportunity to hear real-life stories of how the Y continues to make a positive impact within the lives of individuals, families, and in our community. Thank you to our over 100 guests and staff, speakers and vendors who made this event so special! You are Y!



**DONATE TODAY!**  
Membership dues operate our building.  
Annual Campaign donations **CHANGE LIVES!**  
Please join our cause by making a donation today!

### BODY BASICS CLASS | A LIFELONG FRIENDSHIP CLUB



### HOW TO GIVE

**MAIL OR IN PERSON:**

**TRI-CITIES FAMILY YMCA**  
**1 Y DRIVE | GRAND HAVEN, MI 49417**  
**tcfymca.org/about-us/support**

**ONLINE:**





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

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**REGISTER TODAY!!**

**ONLINE**  
[www.tcfymca.org](http://www.tcfymca.org)  
**WELCOME  
CENTER**

**SWIM SAFE, SWIM STROKES,  
AND SPLISH-SPLASH!**

**JOIN US FOR SWIM LESSONS, LAPS, AND FUN!**