





# WELCOME TO THE Y!

## TOGETHER, WE'RE BETTER!

### GET CONNECTED WITH US

#### TRI-CITIES FAMILY YMCA

1 Y DRIVE  
GRAND HAVEN, MI 49417  
616.842.7051 | 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 - FRI: 5:00 AM - 7:00 PM  
SAT: 7:00 AM - 12:00 PM  
SUN: CLOSED  
\*BEGINS UPON REOPENING

#### 2020 HOLIDAY SCHEDULE

Labor Day: CLOSED  
Thanksgiving: 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

#### SESSION & REGISTRATION DATES

FALL 1: SEPT 14 - NOV 1  
ONLINE (MEMBERS ONLY): AUG 17  
NONMEMBERS: AUG 26

FALL 2: NOV 2 - DEC 20  
ONLINE (MEMBERS ONLY): OCT 5  
NONMEMBERS: OCT 16

### MESSAGE FROM THE CEO

Dear YMCA Family,

There has been no greater time to work toward improving the health and well-being of our community than now. We have been doing all we can to support individuals and organizations that are helping to mitigate the effects of COVID-19 in the Tri-Cities. Through food collection and distribution, community blood drives, virtual versions of our annual runs, senior and vulnerable population outreach, essential childcare, outdoor fitness programs, virtual youth and wellness programming and Summer Day Camp, we're striving to keep people engaged, connected and healthy at a time when social distancing and the threat of spreading the coronavirus can make everyone feel isolated and frustrated.

Although our facility has been closed by government order, our spirit and commitment to strengthening the community remains open because we are more than a building. We are a community and a family. By sticking with us through sustained or on-hold membership, you're inspiring us to keep working to strengthen the community. Thank you for staying with us.

When we do reopen the facility, we are committed to doing it in a way that protects your safety and that of our staff. Please visit our [Reopening Guidelines](#) page to learn more about steps we're taking. We can't wait to welcome you through our doors again.

Sincerely,

Gregory Coil, CEO

### HOW DO I REGISTER FOR PROGRAMS?

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

1. Go to [tcfymca.org](http://tcfymca.org)
2. Click on the REGISTER button.
3. Login to your account or sign up for an account.
4. Find and click on the Program you want to register for.
5. Register and provide form of payment.

Questions? As always, our Welcome Center staff is here to help! Call 616.842.7051 for assistance.

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### MEET OUR LEADERSHIP TEAM

#### OUR LEADERSHIP STAFF

Gregory Coil, CEO  
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#### OUR BOARD OF DIRECTORS

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

Katie Appold  
Tammy Basil  
Jeffrey Beswick  
Lew Gorbach  
Jud Highhill  
Kathy Humphrey  
Adam Kelly  
David Redeker  
Kirsten Runschke  
Gerald Witherell, Jr.



### MEMBERSHIP INFORMATION & FINANCIAL ASSISTANCE

#### 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 Childcare Member Services
- FREE Group Fitness Classes
- FREE Equipment Orientation
- FREE Jump Start Program
- FREE Jungle Gym
- National Membership
- Reduced Program Fees
- 25 meter Pool
- HD Cardio Theater
- Weightroom
- Racquetball
- Whirlpool & Sauna  
\*Family & Parent/Child Memberships

#### HOW DO I REGISTER FOR MEMBERSHIP?

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

1. Go to [tcfymca.org](http://tcfymca.org)
2. Click on the REGISTER button.
3. Click on the Sign Up menu option.
4. Find and click on the Membership that suits you and/or your family.
5. Fill out the registration form.

Questions? As always, our Welcome Center staff is here to help! Call 616.842.7051 for assistance.



**ANNUAL CAMPAIGN**

Make an impact by supporting the Y's 2020 Annual Campaign! Gifts to the Annual Campaign help provide:

- Free health and wellness programs and services for the community
- Financial assistance for membership and programs so everyone has access to the Y

Give **online**: Click the **DONATE** button at [www.tcfymca.org](http://www.tcfymca.org)  
Give by **mail or in-person**: Tri-Cities Family YMCA, Attn: Annual Campaign, 1 Y Dr., Grand Haven, MI 49417

**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 | \$12\***    **NONMEMBERS | \$17\***  
**(\*\$5 OFF FOR SIBLINGS)**

**MOVIE SCHEDULE**

Onward	October 16
The Croods 2	November 20
Christmas Chronicles	December 18



**WINTER BREAK FUN CAMP**

AGES 4-13 YEARS | AGES 14-15 YEARS LIT

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.

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

**\*1/2 DAY COST ON DEC 24 AND DEC 31**  
**MEMBERS | \$25**    **NONMEMBERS | \$35**

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

A \$40 NON-REFUNDABLE/NON-TRANSFERABLE 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.

**CAMP SCHEDULE**

December 21-23	8:30 AM - 4:30 PM
December 24	8:30 AM - 12:00 PM*
December 28-30	8:30 AM - 4:30 PM
December 31	8:30 AM - 12:00 PM*

**FAMILY FITNESS**

Outdoor Family Fitness is a 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! Children must be accompanied by an adult. Class will be held outside. Meet in front of the Y!

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

**OUTDOOR FAMILY FITNESS SCHEDULE**

September 17	5:30 PM
September 26	10:30 AM
October 1	5:30 PM
October 10	10:30 AM

**THE Y IS HERE FOR GOOD**

During the COVID-19 crisis, the Tri-Cities Family YMCA remains dedicated to strengthening the community in numerous ways, including:

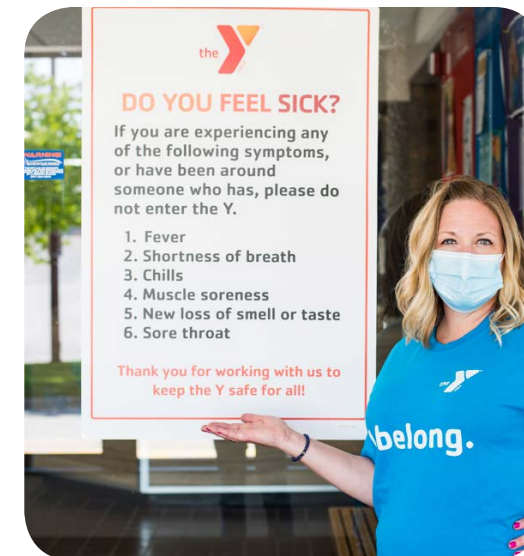
- Providing quality, affordable licensed childcare and camps for local youth.
- Serving as a Community Food Drive donation site so our neighbors don't go hungry.
- Collaborating with local organizations to distribute meals to area seniors.
- Senior and vulnerable population outreach to ensure needs are being met.
- Providing online story times and activities for all ages to enjoy from home.
- Hosting Red Cross Blood Drives to meet urgent need.
- Offering virtual and outdoor fitness classes.

**FOR A BETTER US**

Heartfelt gratitude to the generous donors that supported us during this unprecedented time, including Sustaining Members that chose to donate their monthly membership dues during our time of closure. Thank you for supporting the Tri-Cities for a stronger, healthier us!



**VISITING THE Y | WHAT TO KNOW AND DO BEFORE YOU ARRIVE**



Pre-screen for **symptoms of COVID-19**. If you have any of the symptoms or have been exposed to someone who does, please stay home.



Review, update and sign our **Member Agreement** before you come to the Y. Watch this **video tutorial** for a step-by-step guide.



Be sure to scan your membership card upon entering the facility.



Please wear a mask when not working out and maintain a 6-ft. distance from other members at all times.



## LEARNING TREE 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. For Enrollment, email [brianna.moynihan@tcfymca.org](mailto:brianna.moynihan@tcfymca.org). **HARBOR TRANSIT FRIENDLY!**



MONDAY - FRIDAY   8:00 AM - 5:30 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

**Wrap Around Care:** Care will be provided before, after, or between (Lunch Club) Preschool classes and/or programming, for up to 1 hour: **\$12.50**

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

## KIDS' WORLD | DROP-IN CHILDCARE

The Y is here to help you achieve balance in your busy lifestyle. We'll watch your children play while you 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**. Children play under the supervision of caring, trained YMCA staff. **PLEASE PRE-REGISTER 24 hours in advance by visiting [www.tcfymca.org](http://www.tcfymca.org).**

## KIDS' WORLD: DROP-IN CHILDCARE FOR KIDS AGES 3 MONTHS - 10 YEARS OLD

HOURS	MONDAY - FRIDAY	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS
FALL 1 & 2	8:45 AM-12:00 PM	CLOSED	CLOSED	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP OR \$5 IF PARENT HAS MEMBERSHIP	\$5/VISIT/CHILD OR \$20/MONTH/CHILD OR \$150/YEAR/CHILD

## LEARNING TREE PRESCHOOL

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!

### TRI-CITIES FAMILY YMCA LOCATION

LEARNING TREE CLASSES	DAYS	TIMES
2 YR OLD PRESCHOOL	T/TH	9:30-11:30 AM
3 YR OLD PRESCHOOL Must be potty trained	T/TH	9:15-11:45 AM
3 YR OLD PRESCHOOL Must be potty trained	M/W/F	9:15-11:45 AM
3/4 YR OLD PRESCHOOL Great for older 3's or younger 4's	T/TH/F	12:45-3:30 PM
MORNING PRE-K	M-TH	9:00-12:00 PM
AFTERNOON PRE-K/GSRP* GREAT START READINESS PROGRAM*	M-TH	12:30-3:30 PM
AFTERNOON PRE-K/YOUNG 5'S	M-F	12:15-3:15 PM
SPANISH PRESCHOOL	F	9:00-11:00 AM

### SPRING LAKE LEARNING TREE HOLMES ELEMENTARY SCHOOL

LEARNING TREE CLASS	DAYS	TIMES
FULL DAY PRE-K GREAT START READINESS PROGRAM*	M-TH	9:00 AM -3:30 PM

*All 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 & NINJA CLASSES



## FALL 2 | PARENT / TOT CLASSES

PARENT PARTICIPATION REQUIRED		AGE	MON	TUES	WED	THURS	FRI	CLASS LENGTH
<b>BABYNASTICS</b>	12-24 MOS W/PARENT			4:30 PM				40 MIN
<b>SPORTS SAMPLER</b>	2-3 YEARS OLD W/PARENT			6:30 PM			10:30 AM	45 MIN
<b>GYMNASTICS</b>	2-3 YEARS OLD W/PARENT			5:30 PM			9:30 AM	45 MIN

MEMBERS: \$45 NONMEMBERS: \$75



## FALL 2 | NINJA CLASSES

		AGE	MON	TUES	WED	THURS	FRI	CLASS LENGTH
<b>NINJA Tiny Tots (parent participation)</b>		12-24 MONTHS/ CLIMBING	4:30 PM		9:30 AM			40 MIN
<b>NINJA Tots (parent participation)</b>		2-3 YEARS	5:30 PM		10:30 AM			45 MIN
<b>LIL NINJAS CO-ED</b>		3-4 YEARS	6:30 PM	4:30 PM		4:30 PM	10:30 AM	45 MIN
<b>NINJA JR CO-ED BEGINNER</b>		5-8 YEARS		5:30 PM	4:30 PM	5:30 PM		45 MIN
<b>NINJA JR CO-ED INTERMEDIATE</b>		5-8 YEARS		6:30 PM				45 MIN
<b>NINJA CO-ED BEGINNER</b>		9-13 YEARS			5:30 PM			45 MIN
<b>NINJA CO-ED INTERMEDIATE</b>		9-13 YEARS			6:30 PM			45 MIN

MEMBERS: \$45 NONMEMBERS: \$75

7 REGISTER ONLINE: [WWW.TCFYMCA.ORG](http://WWW.TCFYMCA.ORG)



# GYMNASTICS

## FALL 2 | PRESCHOOL GYMNASTICS

NO PARENT PARTICIPATION REQUIRED		MON	TUES	WED	THURS	FRI	CLASS LENGTH
<b>BEGINNER 3'S</b>	This class is for 3's who are ready to follow directions without parental assistance. Basic gymnastics skills are taught. Coach recommendation required.	4:30 PM		5:30 PM	6:30 PM	11:30 PM	45 MIN
<b>BEGINNER 4 &amp; 5'S</b>	Skills will include forward and backward rolls, jumping on and over objects, holding themselves up on bars and getting comfortable with balancing on the beam.	6:30 PM		4:30 PM	5:30 PM		45 MIN
<b>INTERMEDIATE 4 &amp; 5'S</b>	Skills will include lunges, cartwheels, backward rolls, pull over on bars, mounting beam, one foot two foot jumps at vault.	5:30 PM		6:30 PM	4:30 PM		45 MIN

MEMBERS: \$45 NONMEMBERS: \$75

## FALL 2 | GIRLS GYMNASTICS AGES 6-15

	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	NON MEMBER
<b>BEGINNING GYMNASTICS 1</b>		4:30 PM	6:30 PM	5:30 PM	55 MIN	\$55	\$85
<b>BEGINNING GYMNASTICS 2</b>	4:30 PM	6:30 PM	5:30 PM		55 MIN	\$55	\$85
<b>INTERMEDIATE GYMNASTICS 1</b>	6:30 PM	5:30 PM		4:30 PM	55 MIN	\$55	\$85
<b>INTERMEDIATE GYMNASTICS 2</b>	5:30 PM	4:30 PM	4:30 PM	6:30 PM	55 MIN	\$55	\$85
<b>ADVANCED GYMNASTICS 1 &amp; 2</b>	4:30 PM		4:30 PM		1.5 HR	\$80	\$110





## 5 WEEK FALL 1 SESSION: SEPTEMBER 14 - OCTOBER 18

### FALL 1 | YOUTH SPORTS

ALL CLASSES WILL BE HELD OUTDOORS

	AGE	MON	TUES	WED	THURS	FRI	LENGTH	MEMBER	NON MEMBER
<b>NINJA (FALL 1)</b> Participants will be guided through outdoor obstacle courses built both by coaches and participants. Participants will also engage in fleeing and dodging games and activities.	3-4 YRS OLD	5:00 PM					45 MIN	\$35	\$65
	5-8 YRS OLD	6:00 PM			6:00 PM				
	9-13 YRS OLD				5:00 PM				
<b>SPORT SAMPLER (FALL 1)</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 YRS OLD		5:00 PM				45 MIN	\$35	\$65
	5-8 YRS OLD			6:00 PM					
<b>DODGEBALL (FALL 1)</b> 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.	6-12 YRS OLD		6:00 PM				45 MIN	\$35	\$65
<b>BACKYARD GAMES (FALL 1)</b> What's your favorite backyard game? Ladder golf, horseshoes, cornhole, bocce ball, or croquet? Participants will learn how to play new and classic backyard games!	6-12 YRS OLD			5:00 PM			45 MIN	\$35	\$65
<b>SOCCER (FALL 1)</b> Basic soccer skills will be taught through drills and scrimmages.	3-4 YRS OLD				6:00 PM		45 MIN	\$35	\$65
	5-8 YRS OLD				5:00 PM				
<b>BEG. TUMBLING (FALL 1)</b> Beginner tumbling skills will be taught and practiced, focused solely on floor skills.	4-5 YRS OLD		5:00 PM				45 MIN	\$35	\$65
	6-12 YRS OLD		6:00 PM	5:00 PM					
<b>INT. TUMBLING (FALL 1)</b> Intermediate tumbling participants will build upon beginner skills, with a focus on floor skills only.	6-12 YRS OLD			6:00 PM					



### FALL 2 | YOUTH SPORTS

#### KICK, CATCH, THROW (FALL 2)

Through a range of developmentally appropriate activities, children are introduced to the fundamentals of kicking, catching, throwing, and teamwork.

#### SPORT SAMPLER (FALL 2)

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.

#### DODGEBALL (FALL 2)

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.

#### FALL BASKETBALL (FALL 2)

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

#### KARATE (FALL 2)

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.

	AGE	MON	TUES	WED	THURS	FRI	LENGTH	MEMBER	NON MEMBER
<b>KICK, CATCH, THROW (FALL 2)</b>	3-4 YRS OLD	4:30 PM					45 MIN	\$45	\$75
<b>SPORT SAMPLER (FALL 2)</b>	3-4 YRS OLD		4:30 PM	5:30 PM		9:30 AM	45 MIN	\$45	\$75
	9-13 YRS OLD	6:30 PM		4:30 PM					
<b>DODGEBALL (FALL 2)</b>	5-8 YRS OLD		6:30 PM				45 MIN	\$45	\$75
	9-13 YRS OLD	5:30 PM							
<b>FALL BASKETBALL (FALL 2)</b>	Y5 - 8TH GRADE	Y5-K 5:30 PM	1ST-2ND 5:30 PM	3RD-4TH 6:30 PM	5TH-8TH 6:30 PM		1 HOUR	\$55	\$85
<b>KARATE (FALL 2)</b>	6-12 YRS OLD	6:45 PM		6:45 PM			45 MIN	\$50	\$80
	13 & UP YRS OLD	6:45 PM		6:45 PM			45 MIN	\$50	\$80

### YOUTH BASKETBALL LEAGUE (YBL)

The Tri-Cities Family YMCA is proud to have been participating in YBL for over 35 years. Each year, over 400 youth participate in this program. **We do not know what this program will look like for the 2020-2021 season, but we are eager to begin planning how to best execute another successful and safe YBL experience for area youth. Please stay tuned for further information!**





## 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

**10-13 YRS**  
PARENT/GUARDIAN  
MUST BE IN THE Y  
FACILITY

- pool\*
- racquetball courts
- gym

**14 YRS**  
NO PARENT/GUARDIAN  
SUPERVISION  
NEEDED

- pool\*
- racquetball courts
- gym
- cardio room
- non-equipment fitness classes
- Cybex weight equipment
- MUST PASS EQUIPMENT ORIENTATION AND STRENGTH TEST

**15 YRS**  
NO PARENT/GUARDIAN  
SUPERVISION  
NEEDED

- pool\*
- racquetball courts
- gym
- cardio room
- all fitness classes, except Spin®
- Cybex weight equipment
- MUST PASS EQUIPMENT ORIENTATION AND STRENGTH TEST

**16 YRS +**  
NO PARENT/GUARDIAN  
SUPERVISION  
NEEDED

- full use of facility
- EQUIPMENT ORIENTATION RECOMMENDED

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

## 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!



## 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.

**OCT 10 / NOV 7**  
8:00 AM - 3:00 PM

**MEMBERS: \$100 NONMEMBERS: \$130**

## 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)

**OCTOBER 16 | 4:00 - 8:00 PM**  
**OCTOBER 17 | 9:00 AM - 6:30 PM**  
**OCTOBER 18 | 9:00 AM - 6:30 PM**

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

**MEMBERS | \$175 NONMEMBERS | \$200**

## 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](mailto: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**

## ADULT & PEDIATRIC FIRST AID/CPR/AED

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

**OCTOBER 22 | 5:00 - 9:00 PM**  
**NOVEMBER 12 | 5:00 - 9:00 PM**

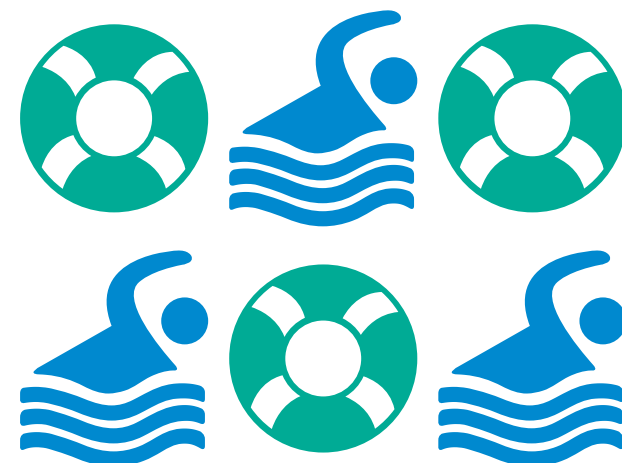
**MEMBERS | \$65 NONMEMBERS | \$85**





SWIM BASICS - AGES 2 1/2 THRU KINDERGARTEN	MON	TUES	WED	THURS	SAT	CLASS LENGTH	MEMBER	NON MEMBER
<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	10:30 AM 5:45 PM	5:45 PM	10:30 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	11:00 AM 5:45 PM	5:45 PM	11:00 AM 5:45 PM	10:45 AM	30 MIN	\$60	\$80
<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 6:15 PM	11:30 AM 6:15 PM	6:15 PM	11:30 AM 6:15 PM	10:30 AM	45 MIN		
SWIM STROKES - 1ST THRU 8TH GRADE								
<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.								
<b>5 / STROKE DEVELOPMENT</b> Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.	6:15 PM	6:15 PM	6:15 PM	6:15 PM	11:15 AM	45 MIN	\$60	\$80
<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.								

**QUESTIONS? PLEASE CONTACT THE AQUATICS DEPARTMENT AT 616.842.7051 EXT 239**



## FOREVER A PLACE TO LEARN. FOR A BETTER US. School-Age Care Programs

### RISE | AT THE Y

If you need morning care, before THRIVE | AT THE Y begins, we offer an engaging care program for school-age children. Participants will play board games, do crafts, practice mindfulness, work independently on school assignments, and enjoy recreational activities while under the supervision of our trained staff.

**HOURS | Monday-Friday, 8:00 AM-12:00 PM**  
**RATES | \$20/day or \$80/week**

**CONTACT | Childcare & Camp Director**  
Brianna Moynihan at [brianna.moynihan@tcfymca.org](mailto:brianna.moynihan@tcfymca.org)  
**REGISTER | [www.tcfymca.org](http://www.tcfymca.org)**

### THRIVE | AT THE Y

Learning will look different this school year and we understand the need for children to have an environment to continue to grow, learn, and thrive. The Tri-Cities Family YMCA is here to help! Our THRIVE | AT THE Y program will offer school-aged children with:

- Academic and learning support
- Evidence based physical activity curriculum with indoor and outdoor recreational activities
- Connection with peers and caring adults
- Healthy snacks and nutrition education

Our highly qualified and trained staff will provide a structured and supportive environment, while maintaining health and safety policies and procedures. Participants should bring a lunch, homework, virtual learning devices\*, and recreational clothing. A daily healthy snack will be provided. \*Wi-Fi will be available and accessible.

**HOURS | MON-FRI, 12:00-6:00 PM**  
**RATES | \$40/day or \$135/week**  
(financial assistance is available)

**THRIVE | AT THE Y DAILY SCHEDULE**  
12:00-2:00 PM | Lunch, Academic and Learning support  
2:00-2:30 PM | Healthy Snack & Nutrition Education  
2:30-5:00 | Recreational activities:  
• Hikes  
• Outdoor and indoor games and sports  
• Crafts and STEAM activities

### CONNECT | AT THE Y

The Y is a great place for youth to CONNECT! We have an after-school program that will do just that! Participants, of school-age, will have the opportunity to connect with peers and caring adults, work independently on homework, and enjoy a daily healthy snack and recreational activities, while under the supervision of our trained staff.

**HOURS | Monday-Friday, 4:00-6:00 PM**  
**RATES | \$20/day or \$80/week**





## 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**

## OUTDOOR Y F.I.T.

Functionally Intense Training is a challenging, yet rewarding training program. It is structured around the 10 components of fitness: strength, stamina, endurance, accuracy, power, agility, balance, speed, coordination, and flexibility. All classes begin with a mobility portion, a strength component, and a WOD (workout of the day). Classes are conducted as group personal training and designed to allow for personal instruction with the benefit of encouragement from other participants. Being part of this program allows one to have access to Y F.I.T. equipment and box space.

**How does a beginner start?** We encourage individuals to join us for a Try-It class. Upon joining, you will be integrated into classes and introduced to various movements based on your current fitness level. Y F.I.T. can be scaled for ALL fitness levels. Please contact Brandy Fisher at [brandy.fisher@tcfymca.org](mailto:brandy.fisher@tcfymca.org) for further information.

## OUTDOOR OPEN GYM

Join us outside for Outdoor Open Gym! Members will have access to equipment to use freely in the front of the Y or at the waterfront area adjacent to the Y. Equipment includes, but not limited to, Spin® bikes, dumbbells, kettlebells, and resistance bands. Participants are required to sign in, bring their own mat, towel, and water bottle. View the schedule at [www.tcfymca.org](http://www.tcfymca.org)

## OUTDOOR, VIRTUAL, AND IN-PERSON GROUP FITNESS CLASSES

Our fitness classes are designed to challenge the body through all planes of motion for a well-rounded workout. We offer over 50 group exercise classes weekly. With this variety, you are sure to find something to fit your schedule and fitness level! Our energetic and inspiring certified instructors are ready to motivate you to be your best. View the schedule at [www.tcfymca.org](http://www.tcfymca.org)

**MEMBERS | FREE**

**NONMEMBERS | \$10 DROP-IN**

## GROUP FITNESS CLASS OFFERINGS

Class offerings vary each session.



CARDIO & STRENGTH

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



FAMILY FITNESS

- Stroller Fit
- Family Fitness H.I.I.T.



YOGA

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



CYCLING

- Spin® & Sculpt
- Spinning®

All Fitness class schedules, including Y F.I.T., can be found online at [WWW.TCFYMCA.ORG](http://WWW.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. Preregistration required by OCT 23.

**FALL 2 | TUESDAYS, STARTING NOV 3 | 6:30 - 7:30 PM**

**MEMBERS | \$60**

**NONMEMBERS | \$85**

## FOREVER FIT

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.

**SEPT 14 - DEC 18**

**MON/WED/FRI | 10:45 - 11:45 AM**

**MEMBERS | FREE**

**NONMEMBERS | \$60**

## 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**

## 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**

## 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 a form of meditation at the very heart of Zen practice with an emphasis on breathwork. Chairs will be available for those that prefer sitting in a chair during meditation.

**FALL 1: MONDAYS, BEGINING SEPT 14 | 10:15-11:15 AM**

**FALL 2: MONDAYS, BEGINING NOV 2 | 10:15-11:15 AM**

**MEMBERS | \$50**

**NONMEMBERS | \$75**

## FOUNDATIONS OF WEIGHT TRAINING FOR WOMEN

Brandy Fisher, Health and Wellness Coordinator and NASM Certified Personal Trainer will lead this weekly class for women. Strength training is crucial for women of all ages – lift to burn calories, prevent injuries and strengthen not only your muscles but your bones and joints. Participants will explore the benefits of weight training, establish a routine and learn proper form. We will use a variety of equipment including bands, barbells, machines and free weights. Each class will begin with an instruction and end with a full modifiable workout. Each participant will receive a body composition analysis in the first week and the last week as well as a personal weightlifting program to follow.

**FALL 1: WEDNESDAYS, STARTING SEPT 16 | 6:30 - 7:30 PM**

**FALL 2: WEDNESDAYS, STARTING NOV 11 | 6:30 - 7:30 PM**

**MEMBERS | \$60**

**NONMEMBERS | \$85**

## DROP-IN BASKETBALL/OPEN GYM

Drop in to shoot hoops! Please adhere to the following policies:

- Members only at this time, no Guest Passes
- Only the South half of the Gym is available
- No more than (4) players per hoop at a time
- Bring your own ball
- No pick-up games or organized activities
- Masks must be worn at all times
- Swipe in and out at the Welcome Center

**MON-FRI | 11:00 AM - 7:00 PM**

**SAT | 9:00 AM - 12:00 PM**

**MEMBERS | FREE**

**NONMEMBERS | \$7**



# SOCIAL RESPONSIBILITY

## MAKING AN IMPACT

You can make a meaningful, enduring impact right here in the Tri-Cities community. Help us reach our 2020 Annual Campaign goal of \$85,000! Every gift to the Tri-Cities Family YMCA strengthens our community and makes a difference in the lives of each individual we serve. It is only through generous support we are able to provide financial assistance to ensure every child, family and adult has access to the Y.



Give online:  
[www.tcfymca.org](http://www.tcfymca.org)  
Click DONATE

Give by mail:  
1 Y Drive  
Grand Haven, MI 49417