



FOREVER, TOGETHER.

WINTER 2021 PROGRAM GUIDE
WINTER 1: JAN 4-FEB 21 | WINTER 2: FEB 22-APR 18



the 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 - THURS: 5:00 AM - 8:30 PM
FRI: 5:00 AM - 6:00 PM
SAT: 7:00 AM - 12:30 PM
SUN: CLOSED
*SUBJECT TO CHANGE



SESSION & REGISTRATION DATES

WINTER 1: JAN 4 - FEB 21
ONLINE (MEMBERS ONLY): DEC 14
NONMEMBERS: DEC 23

WINTER 2: FEB 22 - APR 18
ONLINE (MEMBERS ONLY): FEB 1
NONMEMBERS: FEB 10

MESSAGE FROM THE CEO

Dear YMCA Family,

Throughout the fall and into the winter, you will see the word "Forever" in many of our materials. As in, "FOREVER connecting. FOREVER thriving. FOREVER supporting." "Forever" may seem like an exaggeration, especially given the year we just experienced. We use it because we believe in our hearts and minds that no matter what adversity comes our way, we will always be here for you in one form or another. The YMCA was founded in 1844 in London, England, in time of turmoil and despair. It was a refuge for young men "seeking to escape the hazards of life." The Y provided critical support to thousands of military members, children and families during WWI and WWII.

I provide this history to show we have always been and will always be here for our community, even in the toughest of times. This pandemic does not deter us from pursuing our mission of supporting healthy living, youth development and social responsibility. We're gearing up to provide meal assistance to children in the Tri-Cities. We will continue to offer more health and wellness programs and services so our members can continue to grow stronger and more resilient despite the current health crisis. We will always provide the highest quality childcare so parents can work knowing their children are thriving. And, we always want to hear from you - what else can we do to make our community stronger and healthier?

We can't do any of this work without you. You are the Y. Please take a moment to watch and share our new [Better Together](#) video. I think you'll agree we are better together. Forever, together.

Sincerely,



HOW DO I REGISTER FOR PROGRAMS?

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

1. Go to 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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Meredith Long, Senior Program Director
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John Charon, Aquatics Director
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Barb VanOstran, Finance Director
barbara.vanostran@tcfymca.org

OUR BOARD OF DIRECTORS

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

Katie Appold
Tammy Basil
Jud Highhill
Adam Kelly
David Redeker
Kirsten Runschke
Chris Streng
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
- Reduced Program Fees
- 25 meter Pool
- HD Cardio Theater
- Weightroom

HOW DO I REGISTER FOR MEMBERSHIP?

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

1. Go to tcfymca.org
2. Click on the BECOME A MEMBER button.
3. Find and click on the Membership that suits you and/or your family.
4. Fill out the registration form.

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



ANNUAL CAMPAIGN

THE Y IS HERE FOR GOOD.

Over the past several months, the Tri-Cities Family YMCA has remained dedicated to strengthening the community. Thanks to generous support, we were able to feed our neighbors, provide quality and affordable childcare for families, deliver life-saving swim instruction to youth, assist vulnerable populations and offer healthy activities for all ages.

WE CAN'T DO IT ALONE.

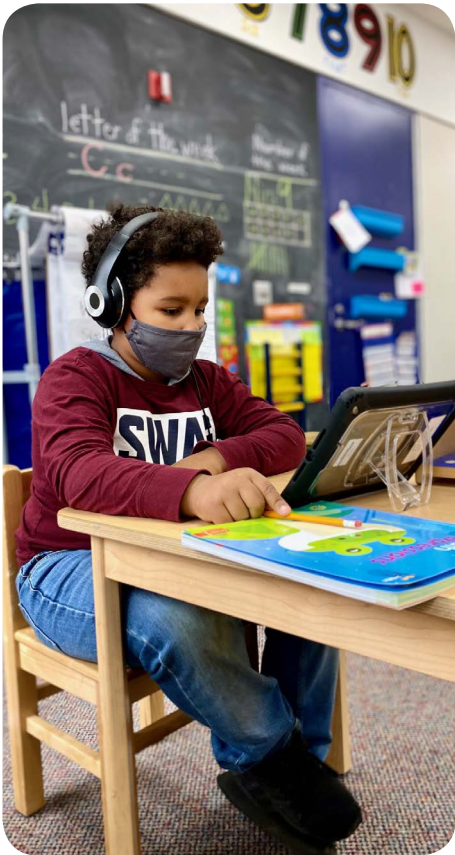
We need your help to continue providing much-needed services to local children, adults and families:

- Free Food
 - Licensed Childcare & Camp
 - Fitness & Wellness
 - Swim Instruction
 - Disease Prevention
 - School-Age Learning Center
 - Preschool
 - Community Activities
 - Senior Outreach
 - Financial Assistance
- \$5,000 provides 5 children with a year of dinners
 - \$2,500 sends a child to camp for the entire summer
 - \$1,000 provides a family with a year-long membership
 - \$500 gives swim lessons to 10 youth
 - \$500 supports Parkinson's, Diabetes and Alzheimer programs
 - \$200 provides a week of care for 1 student
 - \$100 provides a week of education for 1 child
 - \$100 enables a child to play in Youth Basketball League
 - \$50 enables outreach to 50 seniors
 - Every gift helps ensure everyone has access to the Y

GIVE FOR A BETTER US.

Please give today to strengthen our community at a time when it's needed most. You may donate online at www.tcfymca.org/about-us/support

Together we are building a stronger, healthier us!



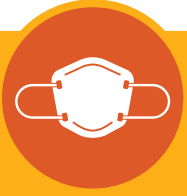
SPRING BREAK FUN CAMP
AGES 4-13 YEARS | AGES 14-15 YEARS LIT

Give your child a safe and fun stay-cation they won't forget with day camp! Spring Break camp is filled with fun indoor and outdoor activities such as games, swimming, hikes, crafts, and more! Kids will play, make new friends, stay active and healthy all while being cared for by our qualified camp counselors.

DAILY COST	
MEMBERS \$50	NONMEMBERS \$65
FULL SESSION COST (total of 6 days)	
MEMBERS \$220	NONMEMBERS \$250

APRIL 2, 4-9, 2021
8:30 AM - 5:00 PM

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.



HEALTH & SAFETY

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 and exiting the facility.



Please adhere to current face covering protocols and policies.



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.**

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 3 hours: **\$12.50/hr**

*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. **Hours are subject to change. Please check www.tcfymca.org or call the Welcome Center to confirm hours.**

KIDS’ WORLD: DROP-IN CHILDCARE FOR KIDS AGES 3 MONTHS – 10 YEARS OLD					
HOURS	MONDAY – FRIDAY	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS
WINTER 1 & 2	8:45 AM-12:00 PM	8:45 AM – 12:00 PM	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			SPRING LAKE LEARNING TREE HOLMES ELEMENTARY SCHOOL		
LEARNING TREE CLASSES	DAYS	TIMES	LEARNING TREE CLASS	DAYS	TIMES
2 YR OLD PRESCHOOL	T/TH	9:30-11:30 AM	FULL DAY PRE-K GREAT START READINESS PROGRAM* All class offerings are subject to change. Visit www.tcfymca.org for more information. <small>*These materials were developed under a grant awarded by the Michigan Department of Education.</small>	M-TH	9:00 AM –3:30 PM
2/3 YR OLD PRESCHOOL	M/W	9:15-11:45 AM			
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 <small>Great for older 3's or younger 4's</small>	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			



REGISTRATION

2021-2022 SCHOOL YEAR

VIRTUAL OPEN HOUSE | JANUARY 16, 10:00 AM

Join us for a Virtual Open House, where you will view our classrooms, meet some of our teachers, and have a chance to ask questions. **Sign up to participate [HERE!](#)**

Not sure which class is the best fit for your child? Click [HERE](#) for our 2021-2022 Class Offerings.

PRE-REGISTRATION FORMS | DUE FEBRUARY 1

Click on the class you are interested in registering for below to complete applicable registration forms.

- [Twos Class](#)
 - [2/3's Class](#)
 - [2-Day Threes Class](#)
 - [3-Day Threes Class](#)
 - [3/4's Class](#)
 - [AM Pre-K Class](#)
 - [PM Pre-K/GSRP Class](#)
- [Young Fives Class](#)
 - [Full Day Pre-K/GSRP Class \(Holmes\)](#)
 - [Spanish Enrichment Class](#)

REGISTRATION | FEBRUARY 8-10

Registration will **not** take place in-person. Students will be registered by class based on the dates listed below. Once a class is full, a lottery will take place. Confirmation emails will be sent to families at the end of each designated registration day. Questions? Contact [Kelly Haracourt](#).

Current Learning Tree Families | FEBRUARY 8
 Tri-Cities Family YMCA Members | FEBRUARY 9
 Community/Non-Members | FEBRUARY 10

PARENT/TOT,
NINJA, & SPORTS



WINTER 1 YOUTH SPORTS REGISTRATION: JANUARY 13
WINTER 1 YOUTH SPORTS CLASSES: JANUARY 18-FEBRUARY 21

PARENT / TOT CLASSES							CLASS
PARENT PARTICIPATION REQUIRED							LENGTH
In these structured classes, you will partner with your tot as they work to develop and refine their fine and gross motor skills while building body awareness and coordination. Watch as your child’s physical and social skills grow through unique activities, music, and play tailored to their developmental stage. For further class descriptions, visit our website at tcfymca.org . Classes are designed to be a bonding time shared between you and your child. We kindly ask that no siblings attend.							
AGE	MON	TUES	WED	THURS	FRI		
KIDDIE FIT Help your child learn the importance of being active from the start! Gymnastics, sports, dance, yoga, and large motor play are just some of the areas of fitness that we will introduce in this class.	2-3 YEARS				5:30 PM		40 MINS
WINTER 1 MEMBERS: \$35 NONMEMBERS: \$70							WINTER 2 MEMBERS: \$45 NONMEMBERS: \$80

NINJA CLASSES							CLASS
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 <i>NINJA GYM</i> .							LENGTH
AGE	MON	TUES	WED	THURS	FRI		
LIL NINJAS CO-ED 3-5 YEARS	4:30 PM			5:30 PM			45 MIN
NINJA JR CO-ED 6-9 YEARS	5:30 PM			6:30 PM			45 MIN
NINJA CO-ED 10-14 YEARS			5:30 PM	4:30 PM			45 MIN
WINTER 1 MEMBERS: \$35 NONMEMBERS: \$70							WINTER 2 MEMBERS: \$45 NONMEMBERS: \$80

YOUTH SPORTS							CLASS
AGE	MON	TUES	WED	THURS	FRI		LENGTH
GYM GAMES This high energy class will keep your child moving! Games will include Freeze Tag, Dodgeball, Capture the Flag, Gold Rush, Squirrel Tag, and MORE!	6-9 YRS OLD		5:30 PM				45 MIN
VOLLEYBALL This fun, recreational class will begin with 30 minutes of drills, followed by a short scrimmage. Knee pads are required.	9-14 YRS OLD	6:30 PM					45 MIN
WINTER 1 MEMBERS: \$35 NONMEMBERS: \$70							WINTER 2 MEMBERS: \$45 NONMEMBERS: \$80



GYMNASTICS

WINTER 1 YOUTH SPORTS REGISTRATION: JANUARY 13
WINTER 1 YOUTH SPORTS CLASSES: JANUARY 18-FEBRUARY 21

PRESCHOOL GYMNASTICS						CLASS
NO PARENT PARTICIPATION REQUIRED						LENGTH
MON						TUES
WED						THURS
FRI						
BEGINNER 3’S This class is for 3’s who are ready to follow directions without parental assistance. Basic gymnastics skills are taught.						45 MIN
4 & 5’S Skills will include lunges, cartwheels, backward rolls, pull over on bars, mounting beam, one foot two foot jumps at vault.						45 MIN
WINTER 1 MEMBERS: \$35 NONMEMBERS: \$70						WINTER 2 MEMBERS: \$45 NONMEMBERS: \$80

GIRLS GYMNASTICS AGES 6-15					CLASS	NON
MON					LENGTH	MEMBER*
TUES						MEMBER *
WED						
THURS						
BEGINNING GYMNASTICS 1					55 MIN	\$45
BEGINNING GYMNASTICS 2					55 MIN	\$45
INTERMEDIATE GYMNASTICS 1					55 MIN	\$45
INTERMEDIATE GYMNASTICS 2					55 MIN	\$45
ADVANCED GYMNASTICS 1					1.5 HR	\$70
ADVANCED GYMNASTICS 2					1.5 HR	\$70
*PLEASE NOTE, FEES LISTED ARE FOR WINTER 1.						



HOMESCHOOL
SPORTS

WE HAVE SOMETHING FOR EVERYONE!

Our Homeschool Sports program offers structured weekly sports and activities for ages 4 yrs and older, who are enrolled in a homeschool program. Each week, participants will enjoy a new sport, including ninja, gymnastics, basketball, and other gym games. Payment can be made through a homeschool co-op or by individual payment.

WINTER 1 & 2: WEDNESDAYS | 2:00-3:00 PM

MEMBERS AND NONMEMBERS | \$80/WINTER SESSION

To Register, contact Brianna Moynihan at brianna.moynihan@tcfymca.org



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
- gym

10 YRS
PARENT/GUARDIAN
MUST BE IN THE Y
FACILITY

- pool*
- gym

11–12 YRS
NO PARENT/
GUARDIAN
SUPERVISION
NEEDED

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

13–15 YRS
NO PARENT/
GUARDIAN
SUPERVISION
NEEDED

- pool*
- 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.

We offer **weekly drop-in programs**, including Dodgeball, Pickleball, Kickball, and Basketball. Visit www.tcfymca.org each month to see what we have lined up!

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.

JAN 16 / MAR 13
8:00 AM – 3:00 PM

MEMBERS: \$100 NONMEMBERS: \$130



FOREVER A PLACE TO LEARN. FOR A BETTER US.
Care During School Closures & Snow Days

In the result of school closures, including teacher in-service days, snow says, and remote learning instances, the Y has care for your child! In the event of long-term school closures, the Y is here for families. Academic support will be provided, as well as planned recreational activities.

HOURS | Monday–Friday, 8:00 AM–6:00 PM
RATES | MEMBERS (SINGLE DAY) \$45
NONMEMBERS (SINGLE DAY) One-time Registration fee \$20 + \$50

LICENSED CHILDCARE | AGES 3–5 (must be potty trained)

- Curriculum based activities and studies
- Daily outdoor play and large-motor activities
- Safe, clean, child-friendly environment
- Qualified and caring teachers

THRIVE | AGES 6–12

- Academic and learning support
- Daily outdoor activities, including sledding, snowshoeing, hiking
- Daily crafts and indoor large-motor activities
- Connection with peers and caring adults



CONTACT | Childcare & Camp Director
Brianna Moynihan at
brianna.moynihan@tcfymca.org



SWIM BASICS – AGES 2 1/2 THRU KINDERGARTEN		MON	TUES	WED	THURS	SAT	CLASS LENGTH	MEMBER	NON MEMBER
0 / PARENT TOT Parent/guardian swims with their child.				5:00 PM		10:00 AM	30 MIN	\$50	\$70
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.		5:45 PM	10:00 AM 5:45 PM	5:45 PM	10:00 AM 5:45 PM	10:45 AM	30 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.		5:45 PM	10:30 AM 5:45 PM	5:45 PM	10:30 AM 5:45 PM	10:45 AM	30 MIN		
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.		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 – 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.								\$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.		6:15 PM	6:15 PM	6:15 PM	6:15 PM	11:15 AM	45 MIN		
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.									
QUESTIONS? PLEASE CONTACT THE AQUATICS DEPARTMENT AT 616.842.7051 EXT 239									

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)

MARCH 5 | 4:00 – 8:00 PM
MARCH 6 | 9:00 AM – 6:30 PM
MARCH 7 | 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 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.

JANUARY 26 | 5:00 – 9:00 PM
MARCH 25 | 5:00 – 9:00 PM

MEMBERS | \$65 NONMEMBERS | \$85

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 or contact Certified ISR Instructor, Lisa Johnson, directly at l.johnson@infantswim.com or text your name and email address to Lisa Johnson at 616.218.3661.





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.

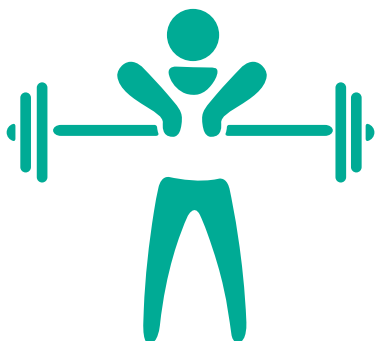
Note: Members may not provide their own trainers. Trainers must be employed by the YMCA.

Single 1-Hour Session
MEMBERS | \$46 NONMEMBERS | \$56
Six 1-Hour Sessions
MEMBERS | \$230 NONMEMBERS | \$290

Y F.I.T.

Join our Y F.I.T program! Functionally Intense Training sessions can be structured, scaled and appropriate for all ages and levels. Y F.I.T classes are conducted as group personal training session and are designed to allow for personalized instruction with the benefit of encouragement from other participants. This is a challenging, yet rewarding training program, structured around the 10 components of fitness: strength, stamina, speed, endurance, accuracy, power, agility, balance, coordination, and flexibility. Being a part of this program also allows one to have access to Y F.I.T exclusive equipment.

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 for further information.



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

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
 - Forever Fit
 - 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



NEW YEAR TEAM FITNESS CHALLENGE

Join our Fitness Team Challenge! Enjoy the accountability of a small group and focus on individual goals. Body Composition tests will be done week 1 and week 7, we will measure percentage of fat loss and percentage of lean muscle gained to determine a team winner and individual winner. Each team will be led by one of our fitness staff members, each team will meet weekly for an exclusive team class, which will be held virtually, until further notice. Teams will also keep in touch throughout the week via social media.

JANUARY 1 – FEBRUARY 22

MEMBERS | \$40



DROP-IN BASKETBALL/OPEN GYM

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

- South half of the Gym is reserved, full Gym when available
- No more than (4) players per hoop
- 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 | \$5

PICKLEBALL

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

TUE/THURS | 12:00 – 2:00 PM*

*Schedule subject to change based on programming needs

MEMBERS | FREE NONMEMBERS | \$5





FOREVER IN SERVICE. NEW, FREE FOOD DISTRIBUTION PROGRAM!

The Tri-Cities Family YMCA is excited to announce a NEW, FREE food distribution program to benefit at-risk youth in our community. The Tri-Cities Family YMCA Food Program, sponsored by the Monroe Family YMCA, will distribute and provide nourishing and healthy meals and snacks, along with recreational, physical activities. Please contact Brandy Fisher at brandy.fisher@tcfymca.org for more information.

