



MEMBERSHIP MEANS MORE

2022 Fall 1 & 2 Program Guide



TRI-CITIES FAMILY YMCA
1 Y DRIVE
GRAND HAVEN MI 49417
616.842.7051 | tcfymca.org



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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.

WELCOME

WE'RE SO GLAD YOU ARE HERE!



FALL* FACILITY HOURS

**Begins September 6, 2022*

MON-THURS: 5:00AM-9:00PM
FRIDAY: 5:00AM-8:00PM
SAT-SUN: 7:00AM-5:00PM

FALL* POOL HOURS

MON-THURS: 5:30AM-1:00PM
4:45PM-8:30PM
FRIDAY: 5:30AM-1:00PM
SATURDAY: 7:30AM-2:30PM
SUNDAY: 9:00AM-12:00PM



REGISTRATION & SESSIONS

FALL 1 | SEPTEMBER 6 - OCTOBER 30
MEMBERS: AUGUST 15
NONMEMBERS: AUGUST 17

FALL 2 | OCTOBER 31 - DECEMBER 23
MEMBERS: OCTOBER 10
NONMEMBERS: OCTOBER 12



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	One or two adults over age 18 & 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.

MEMBER BENEFITS

FREE CHILDCARE SERVICES

FREE GROUP FITNESS CLASSES

FREE EQUIPMENT ORIENTATION

FREE JUMP START PROGRAM

REDUCED PROGRAM FEES

PRIORITY REGISTRATION

25 METER POOL

CARDIO THEATER

WEIGHT ROOM

FREE DROP-IN ADULT SPORTS

...AND MORE!

HOW DO I REGISTER FOR MEMBERSHIP?

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

1. Go to [tcfymca.org](https://www.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.

HOW DO I REGISTER FOR PROGRAMS?

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

1. Go to [tcfymca.org](https://www.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.

PROGRAM DEPOSITS & CANCELLATIONS

A NON-REFUNDABLE deposit (not to exceed 20% of the total fee) is due at the time of registration. Cancellations made on or before the Wednesday prior to the session start date will receive a full refund, minus the deposit, to the original form of payment. All other cancellations will receive a full refund in the form of a system credit, minus the deposit. System credits expire on December 31 of the year issued.

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.

LEADERSHIP STAFF

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BOARD OF DIRECTORS

Susan Petrus, CVO	Kathy Humphrey
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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! We hope you participate in this great opportunity to further strengthen our YMCA family!

FIRST WEDNESDAY OF EVERY MONTH
9:00-11:00 AM

FALL TEAM FITNESS CHALLENGE

Our Fall Team Fitness Challenge is all about teamwork and accountability! You can form your own team or you can register to join a team. Teams will compete over the course of 5 weeks and try to earn the most STARS! Each participant is eligible to earn 1 star each day, by completing a workout at the Y or starting from the Y. All participants will receive a Fall Team Fitness Challenge t-shirt, but only 1 team will win the trophy!

SEPTEMBER 19-OCTOBER 30

MEMBERS | \$30/PARTICIPANT

FALL MELT® SESSIONS

MELT® is a simple self-treatment designed to help you stay healthy, youthful, and active for a lifetime. This full-body method of self-care can be customized to your particular needs – from improving performance and decreasing the risk of repetitive stress injuries to eliminating chronic pain, regardless of what’s causing your pain in the first place. MELT® is easy to learn and can offer results the first time you try it. Best of all, your body will feel great long after you MELT®!

SEPTEMBER 22 | 5:30-6:30 PM – Hips & Low Back
OCTOBER 20 | 5:30-6:30 PM – Shoulders & Knees

MEMBERS | \$30/SESSION
NONMEMBERS | \$45/SESSION

FUNCTIONAL AGING NUTRITION SERIES

What we put into our body impacts what we get out of it. A healthy diet is key to maintaining strength to enjoy life and preventing lifestyle-related diseases as we grow older. Join Erica Phelps, RD, for these informative, interactive sessions on healthy eating.

ALL CLASSES ARE 12:00-12:45 PM

FALL CARDIOGOLF

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 a provided 23” Shortee Golf Club. Classes are taught by Britni Gielow, certified Cardiogolf instructor and LPGA Golf Professional. Britni is a swing instructor for Patti Butcher Golf Enterprises.

FALL 2 SESSION | NOVEMBER 1 –DECEMBER 13
TUESDAYS, 6:00-7:00 PM

MEMBERS | \$60
NONMEMBERS | \$90

3 vs. 3 ADULT BASKETBALL TOURNAMENT

Join us for a 3-on-3 Basketball Tournament! Games will be street-style, with a combination of fun and competition. Prizes and snacks will be provided. Grab some friends and come play! **ADULTS, 18+, MEN AND WOMEN**

SATURDAY NOVEMBER 5
TIP OFF AT 10:00 AM

\$30/TEAM*

***Don’t have a team? Call the Welcome Center and we will do our best to get you on a team. \$10/INDIVIDUAL**



YOUTH SPECIAL EVENTS

JUNGLE GYM (STARTING SEPT 6)

WALKING – 5 YEARS

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! (Closed on GHAPS Snow Days)

TUESDAYS AND WEDNESDAYS 10:30 AM – 12:30 PM

MEMBERS | FREE
NONMEMBERS | \$5/CHILD OR \$10/FAMILY

OPEN GYMNASTICS

AGES 5-16 YEARS

Drop-in to our gymnastics gym to have fun on the equipment, jump around, or work on specific skills. Our trained coaches will be on hand to assist with spotting. All participants must have a waiver on file before participating.

SATURDAYS 11:00 AM – 12:00 PM

MEMBERS | \$10 **NONMEMBERS | \$20**

CRAFTS FOR KIDS

AGES 3-10 YEARS

Join us for Crafts for Kids to celebrate the holidays! Participants will create a fun and festive craft and enjoy a healthy snack. Must be potty trained.

CRAFT-N-TREAT | OCTOBER 22
10:00 AM – 12:30 PM

HOLLY, JOLLY CRAFTS & COOKIES | DECEMBER 17
10:00 AM – 12:30 PM

MEMBERS | \$10
NONMEMBERS | \$20

WINTER BREAK FUN CAMP

AGES 4-13 YEARS

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. **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.**

REGISTRATION: **MEMBERS | NOV 7**
 NONMEMBERS | NOV 11

DAILY COST
MEMBERS | \$50 **NONMEMBERS | \$65**

WEEK 1 OR WEEK 2
MEMBERS | \$200 **NONMEMBERS | \$230**

FULL SESSION COST (DECEMBER 26-JANUARY 6)
MEMBERS | \$385 **NONMEMBERS | \$445**

POPCORN & MOVIE NIGHT

AGES 4-12 YEARS

Drop off the kids and enjoy an evening out! Your child will enjoy dinner, games, popcorn and a movie under the supervision of our dedicated and trained staff. ***REGISTRATION REQUIRED BY THURSDAY PRIOR. MUST BE POTTY TRAINED.**

5:00-8:00 PM
SEPT 16 / OCT 21 / NOV 18 / DEC 16
MOVIE TITLES WILL BE SELECTED 2 WEEKS PRIOR.
CONFIRM MOVIE TITLE AT TIME OF REGISTRATION.

FAMILY OR PARENT/CHILD MEMBERSHIP | \$10
ALL OTHER MEMBERSHIPS OR NONMEMBERS | \$20

KIDS NIGHT OUT

AGES 4-12 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.**

5:00-8:00 PM
SEPT 9 / OCT 14 / OCT 28 / NOV 4 / DEC 9 (DROP N SHOP)

FAMILY OR PARENT/CHILD MEMBERSHIP | \$10
ALL OTHER MEMBERSHIPS OR NONMEMBERS | \$20

PLEASE NOTE: A NON-REFUNDABLE deposit (not to exceed 20% of the total fee) is due at the time of registration.



CAMP SCHEDULE

DEC 26-DEC 30	8:30AM – 4:30PM
JAN 2-JAN 6	8:30AM – 4:30PM

LEARNING TREE LICENSED CHILDCARE | AGES 3-12 YEARS*

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 Licensed Childcare program offers:

- An engaging environment where your child can learn and grow
- Enriching, creative, hands-on activities
- Field trips
- The opportunity for your child to participate in other Y programming while in our care

For enrollment, contact Brianna Moynihan, Childcare & Camp Director at brianna.moynihan@tcfymca.org.

MONDAY – FRIDAY, 7:00 AM – 6:00 PM			
MEMBERS		NONMEMBERS (\$40 Registration Fee)	
Number of Days	Fee	Number of Days	Fee
Daily	\$50	Daily	\$65
2 Days	\$90	2 Days	\$110
3 Days	\$130	3 Days	\$155
4 Days	\$170	4 Days	\$200
5 Days	\$210	5 Days	\$245

Wrap Around Care: Care will be provided before, after, or between preschool classes and/or programming, for up to 3 hours: **\$12.50/hr (MEMBERS ONLY)**

*Fees are based on days of care during same calendar week. *Children must be potty trained to enroll in this program.*



KIDS’ WORLD | DROP-IN CHILDCARE | AGES 3 MONTHS-10 YEARS

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 families 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. **Two hour limit for all children.**

KIDS’ WORLD HOURS						
HOURS	MON -THURS	FRI	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS
FALL 1 & 2	8:30AM -1:15PM 4:00-8:00PM	8:30AM-1:15PM NO EVENINGS	8:30AM-1:15PM NO EVENINGS	CLOSED	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$6/VISIT/CHILD

ACE PLACE | DROP-IN CHILDCARE | AGES 4-10 YEARS

Allow your children to explore and discover while you are involved in Y activities **WITHIN THE FACILITY**. Children 4 years old (potty trained) and up to 10 years old have an adventure waiting for them: slides, tunnels and much more! Children play under the supervision of caring, trained YMCA staff.

ACE PLACE HOURS						
HOURS	MON -THURS	FRI	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS
FALL 1 & 2	4:00-7:00PM	CLOSED	8:30AM-1:15PM	CLOSED	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$6/VISIT/CHILD

LEARNING TREE PRESCHOOL

Learning Tree Preschool is a **GREAT PLACE TO GROW!** We are **FULLY LICENSED**, with a dedicated and highly qualified staff. Please email Meredith Long, Senior Program Director, at meredith.long@tcfymca.org to schedule a tour and meet our teachers!

TUITION INFORMATION IS AVAILABLE [HERE](#).

TRI-CITIES FAMILY YMCA LOCATION		
LEARNING TREE CLASSES	DAYS	TIMES
2 YR OLD PRESCHOOL	T/TH	9:30-11:30 AM
2/3 YR OLD PRESCHOOL	M/W	9:30 AM-12:00 PM
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	M/W/F	12:45-3:30 PM
MORNING PRE-K	M-TH	9:00 AM-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

SPRING LAKE LEARNING TREE HOLMES ELEMENTARY SCHOOL		
LEARNING TREE CLASS	DAYS	TIMES
FULL DAY PRE-K/GSRP*	M-TH	9:00 AM -3:30 PM
All class offerings are subject to change. See preschool website for further information.		
*These materials were developed under a grant awarded by the Michigan Department of Education.		



LEARNING TREE PRESCHOOL



FALL 1 YOUTH SPORTS						CLASS	NON	
	AGE	MON*	TUES	WED	THURS	LENGTH	MEMBER	MEMBER
SPORTS GALORE	3-5 YRS			4:30PM		30 MIN	\$35	\$65
T-BALL	4-5 YRS			5:15PM		30 MIN	\$35	\$65
SOCCER	6-8 YRS	5:00PM				45 MIN	\$50	\$80
FLAG FOOTBALL	9-13 YRS		6:00PM			45 MIN	\$55	\$85
NEW! ULTIMATE FRISBEE	9-13 YRS				5:30PM	45 MIN	\$55	\$85
INTRO TO LACROSSE	9-13 YRS		5:00PM			45 MIN	\$55	\$85

FALL 2 YOUTH SPORTS						CLASS	NON	
	AGE	MON	TUES	WED	THURS	LENGTH	MEMBER	MEMBER
MOTOR SKILLS & GAMES (PARENT PARTICIPATION)	2-3 YRS	4:30PM				30 MIN	\$30	\$60
SPORTS GALORE	4-6 YRS				4:30PM	30 MIN	\$35	\$65
NEW! FUTSAL	9-13 YRS				5:30PM	45 MIN	\$55	\$85
VOLLEYBALL	9-13 YRS	5:00PM				45 MIN	\$50	\$80

FALL 2 BASKETBALL						CLASS
	MON	TUES	WED	THURS		LENGTH
Y5-K		5:00PM				45 MIN
1ST-2ND GRADE			5:00PM			45 MIN
3RD-4TH GRADE			6:00PM			45 MIN
5TH-6TH GRADE		6:00PM				45 MIN
MEMBER: \$55 NONMEMBER: \$85						

FALL BASKETBALL

Our fall basketball classes are a great way to get young basketball players ready for Youth Basketball League (YBL). Participants will learn basic skills and game fundamentals through drills and scrimmages, while building confidence and having fun!

YOUTH BASKETBALL LEAGUE (YBL) - MARK YOUR CALENDARS

YBL is an instructional league where we grow athletes' confidence and skills as well as develop a culture of teamwork and sportsmanship. The YBL season officially begins in January 2023! Registration is as follows:

EARLY REGISTRATION: NOVEMBER 7-DECEMBER 20
MEMBERS | \$85 NONMEMBERS | \$115

SPONSORSHIP INQUIRIES: Contact Kelly Ruffing at kelly.ruffing@tcfymca.org

REGULAR REGISTRATION: DECEMBER 21-JANUARY 4
MEMBERS | \$100 NONMEMBERS | \$135

YBL OFFICIALS: Contact Jentry Karpin @ jentry.karpin@tcfymca.org

PLEASE NOTE: A NON-REFUNDABLE deposit (not to exceed 20% of the total fee) is due at the time of registration.

FALL 1 & 2 PRESCHOOL GYMNASTICS						CLASS	NON	
	AGE	MON*	TUES	WED	THURS	FRI	LENGTH	MEMBER
PRESCHOOL 2'S (PARENT PARTICIPATION)	2-3 YRS	4:30PM		4:30PM		9:30AM	30 MIN	\$35
PRESCHOOL BEGINNER	3-5 YRS	5:30PM		5:30PM		10:30AM	45 MIN	\$55
PRESCHOOL INTERMEDIATE	3-5 YRS	6:30PM		6:30PM		11:30AM	45 MIN	\$50

FALL 1 & 2 TUMBLING						CLASS	NON	
	AGE	MON	TUES	WED	THURS	LENGTH	MEMBER	MEMBER
BEGINNER	5-15 YRS		4:30PM			45 MIN	\$55	\$85
INTERMEDIATE	5-15 YRS		5:30PM			45 MIN	\$55	\$85
ADVANCED	5-15 YRS		6:30PM			45 MIN	\$55	\$85

FALL 1 & 2 REC GYMNASTICS						CLASS	NON	
	AGE	MON*	TUES	WED	THURS	LENGTH	MEMBER	MEMBER
BEGINNER 1	5-15 YRS	4:30PM		5:30PM	5:30PM	55 MIN	\$65	\$95
BEGINNER 2	5-15 YRS	5:30PM	4:30PM		6:30PM	55 MIN	\$65	\$95
INTERMEDIATE 1	5-15 YRS	6:30PM		5:30PM	4:30PM	55 MIN	\$65	\$95
INTERMEDIATE 2	5-15 YRS		5:30PM	6:30PM		55 MIN	\$65	\$95
ADVANCED	5-15 YRS	4:30PM		5:30PM		1.5 HR	\$85	\$115

CLICK [HERE](#) FOR GYMNASTICS LEVEL DESCRIPTIONS. STILL NOT SURE WHAT LEVEL TO REGISTER FOR? CONTACT MELISSA FREEL, GYMNASTICS COORDINATOR AT melissa.freel@tcfymca.org

FALL 1 & 2 NINJA						CLASS	NON	
	AGE	MON*	TUES	WED	THURS	LENGTH	MEMBER	MEMBER
NINJA TINY TOTS (PARENT PARTICIPATION)	2-3 YRS		4:30PM 5:15PM			30 MIN	\$35	\$65
LIL NINJAS	4-5 YRS	4:30PM	6:00PM			45 MIN	\$55	\$85
NINJA JR.	6-8 YRS	5:30PM		4:30PM	5:30PM	45 MIN	\$55	\$85
NINJA BASICS	9-13 YRS			5:30PM	6:30PM	45 MIN	\$55	\$85
NINJA INTERMEDIATE	9-13 YRS	6:30PM		6:30PM		45 MIN	\$55	\$85
NINJA ADVANCED (INVITE ONLY)	6+ YRS	7:30PM				60 MIN	\$70	\$100

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! **All youth using the Y independently will be expected to demonstrate our core values: caring, honesty, respect, and responsibility. *MUST PASS SWIM TEST IN ORDER TO BE IN POOL WITHOUT PARENT/GUARDIAN SUPERVISION. **MUST COMPLETE EQUIPMENT ORIENTATION AND STRENGTH TEST.**

3 MON – 9 YRS WITH DIRECT PARENT/GUARDIAN SUPERVISION	<ul style="list-style-type: none">• POOL• GYM
10 YRS PARENT/GUARDIAN MUST BE IN THE Y FACILITY	<ul style="list-style-type: none">• POOL*• GYM
11-12 YRS NO PARENT/GUARDIAN SUPERVISION	<ul style="list-style-type: none">• POOL*• GYM• CARDIO THEATER• NON-EQUIPMENT FITNESS CLASSES• SELECT WEIGHT EQUIPMENT**
13-15 YRS NO PARENT/GUARDIAN SUPERVISION	<ul style="list-style-type: none">• POOL*• GYM• CARDIO THEATER• ALL FITNESS CLASSES, EXCEPT SPIN®• SELECT WEIGHT EQUIPMENT**
16 YRS + NO PARENT/GUARDIAN SUPERVISION	<ul style="list-style-type: none">• FULL USE OF FACILITY• EQUIPMENT ORIENTATION RECOMMENDED

TRI-CITIES FAMILY YMCA FOOD PROGRAM

The Tri –Cities Family YMCA Food Program, sponsored by the Monroe Family YMCA, distributes FREE snacks and meals to local families, for ages 18 years and younger. For more information, please contact Brandy Fisher at brandy.fisher@tcfymca.org or 616.842.7051 ext. 224.

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.**

OCTOBER 8 8:00 AM – 3:00 PM
NOVEMBER 19 8:00 AM – 3:00 PM

MEMBERS: \$105 NONMEMBERS: \$135

7TH GRADE INITIATIVE

The 7th Grade Initiative is a Y-USA National Program and provides a **FREE** Membership during the school year with no monthly fees! Youth 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!

BONUS! Family Membership upgrade available for 7th Grade Initiative participants! See the last page of the Program Guide for details.

AQUATICS & SAFETY

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)

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

OCTOBER 14 | 4:00 PM – 8:00 PM
OCTOBER 15 | 9:00 AM – 6:30 PM
OCTOBER 16 | 9:00 AM – 6:30 PM

DECEMBER 9 | 4:00 PM – 8:00 PM
DECEMBER 10 | 9:00 AM – 6:30 PM
DECEMBER 11 | 9:00 AM – 6:30 PM

MEMBERS | \$180 NONMEMBERS | \$205

LIFEGUARD RECERTIFICATION

SEPTEMBER 17 | 8:00 AM – 6:30 PM

MEMBERS | \$100 NONMEMBERS | \$125

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.

SEPTEMBER 22 | 5:00 – 9:00 PM
OCTOBER 18 | 5:00 – 9:00 PM
DECEMBER 3 | 9:00 AM – 1:00 PM
DECEMBER 20 | 5:00 – 9:00 PM

MEMBERS | \$70 NONMEMBERS | \$90

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.



FALL 1 & 2 GROUP SWIM LESSONS

CLASS	MON	TUES	WED	THUR	SAT	CLASS LENGTH	MEMBER	NONMEMBER
A/B / WATER DISCOVERY & EXPLORATION	4:45PM	9:30 AM	4:45PM		10:00AM	30 MIN	\$55	\$80
1 / WATER ACCLIMATION	5:45PM	10:15AM 5:00PM 5:45PM	5:45PM	10:15AM 5:00PM 5:45PM	11:00AM	30 MIN	\$70	\$95
2 / WATER MOVEMENT	5:45PM	11:00AM 5:00PM 5:45PM	5:45PM	11:00AM 5:00PM 5:45PM	11:00AM	30 MIN	\$70	\$95
3 / WATER STAMINA	5:30PM	11:45AM 5:30PM	5:30PM	11:45AM 5:30PM	10:45AM	45 MIN	\$70	\$95
4 / STROKE INTRODUCTION	6:30PM	10:45AM 6:30PM	6:30PM	10:45AM 6:30PM	11:45AM	45 MIN	\$70	\$95
5 / STROKE DEVELOPMENT	6:30PM	11:45AM 6:30PM	6:30PM	11:45AM 6:30PM	11:45AM	45 MIN	\$70	\$95
6 / STROKE MECHANICS	6:30PM	11:45AM 6:30PM	6:30PM	11:45AM 6:30PM	11:45AM	45 MIN	\$70	\$95
ADULT (16+ YRS)			4:45PM		9:45AM	45 MIN	\$70	\$95

PRIVATE & SEMI-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 Ali Weber at ali.weber@tcfymca.org or 616-842-7051 ext 239.

Four 30 Minute Sessions
MEMBERS | \$105 NONMEMBERS | \$150

We also offer Semi-Private lessons for those that are interested in having 2-3 family members in one class.

Four 30 Minute Sessions
MEMBERS | \$70 NONMEMBERS | \$115

HOMESCHOOL SWIM LESSONS

Our Homeschool Swim Lessons are perfect for those families working with a Homeschool Partnership. During these lessons we offer an approved instructor who can work with many Partnerships. Please ask us to ensure we currently work with your Partnership. If you have questions about what level would best fit your child, please contact Ali Weber, Aquatics Director, at ali.weber@tcfymca.org or 616-842-7051 ext 239. Homeschool Swim Lessons follow Fall 1 and Fall 2 program dates.

Group 1 (Levels 2-4): Wednesdays, 11:15am-12:00pm
Group 2 (Levels 4-6): Wednesdays, 12:00-12:45pm

MEMBERS | \$70 NONMEMBERS | \$95

PLEASE NOTE: A NON-REFUNDABLE deposit (not to exceed 20% of the total fee) is due at the time of registration.



SWIM LESSON LEVELS

QUESTIONS? Contact Ali Weber, Aquatics Director at ali.weber@tcfymca.org

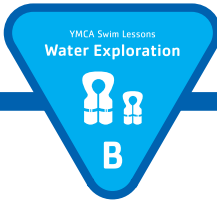
SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



1/ WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



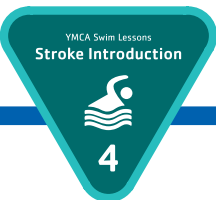
2 / WATER MOVEMENT

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 in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



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.



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 / 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.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

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, 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 30-Minute Session
MEMBERS | \$30 NONMEMBERS | \$50
- Six 30-Minute Sessions
MEMBERS | \$160 NONMEMBERS | \$225
- Single 45-Minute Session
MEMBERS | \$40 NONMEMBERS | \$65
- Six 45-Minute Sessions
MEMBERS | \$190 NONMEMBERS | \$225
- Single 1-Hour Session
MEMBERS | \$45 NONMEMBERS | \$60
- Six 1-Hour Sessions
MEMBERS | \$230 NONMEMBERS | \$290

SMALL GROUP TRAINING

Would you like to train with a family member or friend(s)? With Small Group Training, participants get the same benefits of having a Personal Trainer, but gain the accountability of a group. You can split the cost of a training session with up to 5 people and work on your goals together with the guidance of one of our certified Personal Trainers. SESSIONS ARE 1-HOUR.

- SINGLE SESSION | \$50*
- 6 SESSIONS | \$250*
- *NONMEMBERS PAY DAY PASS FEE PLUS THE GROUP TRAINING FEE for each session attended.*

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.

NEW WEIGHT ROOM EQUIPMENT!

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

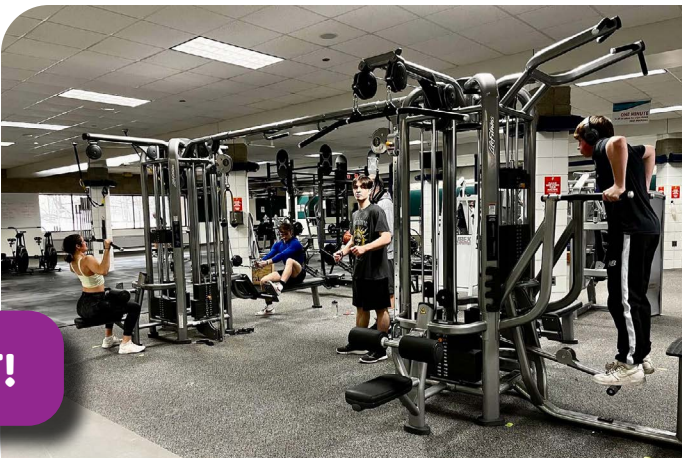
- MEMBERS | FREE
- NONMEMBERS | \$15 DROP-IN*
- *Access to the Y for the whole day.*

GROUP FITNESS CLASSES	
STRENGTH & CARDIO	YOGA
<ul style="list-style-type: none">• Body Basics• Barre Fusion• Family Fitness• Fitness for Life• Forever Fit• H.I.I.T. and Tabata• Kickboxing• Pilates Fusion• Total Body Strength• Water Works	<ul style="list-style-type: none">• Chair Yoga• Gentle Yoga• Hatha Yoga• Vinyasa Yoga
INDOOR CYCLING	DANCE
<ul style="list-style-type: none">• Spin® & Sculpt• Spin®	<ul style="list-style-type: none">• Zumba®

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.*



FALL ADULT LEAGUE

ADULT COED INDOOR VOLLEYBALL
Indoor volleyball, 6 vs. 6 game play with three females and three males. Limit of 10 teams. **10 WEEKS: SEPT 12-NOV 21, NO GAMES OCT 31**

AGE	MON	TUES	THURS	TEAM FEE	INDIVIDUAL/ HOUSE TEAM FEE
18+	6-8 PM			\$300	\$50/PLAYER

NEW! DROP-IN VOLLEYBALL

Grab some friends or stop by on your own to practice your volleyball skills! Nets will be set up and drop-in games are encouraged!

WEDNESDAY | 7:00-8:30 PM

MEMBERS | FREE NONMEMBERS: \$5/DAY

DROP-IN BASKETBALL

Drop-in and join a game of pick-up basketball! Or, practice your shots on your own.

TUES / THURS | 12:00 - 1:00 PM
SAT | 10:00 AM - 12:00 PM

MEMBERS | FREE NONMEMBERS: \$5/DAY

DROP-IN FUTSAL

Futsal is a fast-paced game, similar to indoor soccer. The sport is played on a smaller, hard court. All abilities are welcome!

MON / WED / FRIDAY | 12:00 - 1:00 PM

MEMBERS | FREE NONMEMBERS: \$5/DAY

DROP-IN PICKLEBALL

Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Teams of 2 or 4 players use solid paddles to hit a ball over a modified tennis net. All ages and abilities can enjoy this fast-growing sport!

MON - THURS | 1:15-3:15 PM

MEMBERS | FREE NONMEMBERS: \$5/DAY

BEGINNER CLINICS OFFERED! KEEP AN EYE OUT FOR DATES!

Drop-In and Open Gym are weather permitting. Please contact the Welcome Center at 616-842-7051 to confirm availability.

DROP-IN QUESTIONS? Contact Jentry Karpin, Youth & Adult Sports Coordinator at jentry.karpin@tcfymca.org





TRI-CITIES FAMILY YMCA ANNUAL CAMPAIGN

**TOGETHER WE CAN
REACH OUR GOAL!**

\$125,000

The Tri-Cities Family YMCA provides over \$500,000 in assistance to ensure all kids and adults have access to the best camps, preschool, childcare, sports and wellness programs available.

Give to the Annual Campaign for a healthier community.

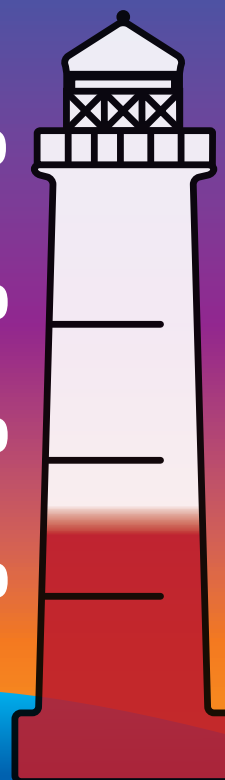
Donate [online](#) or stop by the Welcome Center. For a better us.

\$125,000

\$90,000

\$60,000

\$30,000



BACK TO SCHOOL MEANS BACK TO THE Y!

7th Grade Initiative & Family Membership Upgrade

The 7th Grade Initiative is a Y-USA National Program and provides a FREE Membership to 7th graders during the school year with no monthly fees! As part of our 7th Grade Initiative, the Y offers reduced membership rates for families of 7th graders. Call the Welcome Center for details. STARTING AUGUST 15th, 2022, **NEW FAMILY MEMBERSHIPS SAVE \$25/MONTH!**



pencils



backpack



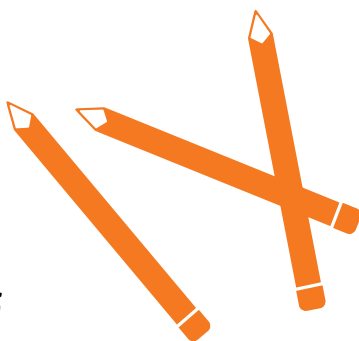
notebooks



Sign Sally up for her FREE 7th Grade Membership



Upgrade Sally's membership to a Family Membership and save \$25/month!



7th Grade Membership includes:

OPEN GYM • OPEN CLIMB • POOL • WEIGHT ROOM*
PING PONG TABLE • MEMBER PROGRAM PRICING

**Must complete an orientation.*

