

TRI-CITIES FAMILY YMCA

616-842-7051

tcfymca.org



175^{YEAR}
ANNIVERSARY



Mathews Family

Long-Time Members, Participants & Staff

THE Something *For Everyone* **PLACE**

TRI-CITIES FAMILY YMCA

2026 WINTER 1 PROGRAM GUIDE



LET THE JOURNEY BEGIN AT THE Y!

Y for All Capital Improvement Project continues to make progress!

We appreciate your patience as we renovate to improve member experience and sustain our Y for future generations.

WHAT HAS BEEN COMPLETED?

- Three fully renovated preschool classrooms welcomed students for the 2025-2026 school year in September!
- A NEW fourth preschool classroom opening January 2026!
- Partially completed new cooridoor flooring and ceilings.
- Renovated and updated Pool.

WHAT IS NEARING COMPLETION?

- New Universal Locker Room.
- Roof and HVAC system replacement.
- Renovated Support Offices.

WHAT IS UP NEXT?

- Renovated and updated lobby.
- New Cardio/Track, which will be located on the main level.
- New Gymnastics Gym, which will be located on the lower level.
- New and expanded Sauna.
- Fully renovated Kids' World.
- Renovated and updated Weight Room.

UNIVERSAL LOCKER ROOM PROGRESS



LOBBY WINDOW PROGRESS



COMPLETED RENOVATED POOL



COMPLETED RENOVATED PRESCHOOL CLASSROOM



DO YOU WANT TO SUPPORT THE Y?

[DONATE TODAY!](#)



WINTER 1 SESSION & PROGRAM UPDATES

- **Aquatics: Pool** is OPEN! Lap swim, open swim, swim lessons, and Waterworks classes are back!
- **Licensed Childcare:** **New location** is in Classroom A.
- **Gymnastics: Our NEW Gymnastics Studio**, on the lower level, will be opening early 2026.
- **Ninja: On hold**; look for updates and restart information early 2026.
- **Group Fitness Classes:** Classes will be held in the **Multipurpose Room and West Gym. Please refer to the MPR and West Gym schedules** on our website, www.tcfymca.org, or at the Welcome Center.
- **Drop-in and Open Gym: Please refer to the West Gym schedule** on our website, www.tcfymca.org, or at the Welcome Center.
- **Counseling Services: Temporary new location.** Andrea will meet with clients at the Mosaic Office located at 1703 S. Despelder, Grand Haven. Contact Andrea at acesperanzacounseling@gmail.com to set up an appointment.

COMPLETED RENOVATED POOL WITH SWIM LESSONS





YOU BELONG HERE.

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



WINTER 1

FACILITY HOURS

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

SESSION & REGISTRATION

WINTER 1 | JAN 5-FEB 22
MEMBERS: DECEMBER 15
PARTICIPANTS: DECEMBER 22

CONNECT
WITH US

SPECIAL EVENTS

Y TEA TIME

Please join us for a complimentary Y Tea Time every Wednesday! Tea, coffee and friendship will be served! We hope you participate in this great opportunity to further strengthen our YMCA family!

WEDNESDAY MORNINGS

SOCIAL SUPPER

Members are invited to join us for food and connection! Enjoy a meal, a community engagement activity, and social opportunities with other Y members. FREE to members. Pre-register at www.tcfymca.org.

4:00-5:30 PM
FRIDAY, DECEMBER 12
FRIDAY, FEBRUARY 13

COMMUNITY OPEN HOUSE

SAVE THE DATE! TRY THE Y FOR FREE!
SATURDAY, JANUARY 17, 2026
10:00 AM - 2:00 PM

INDOOR TRIATHLON

SWIM • BIKE • RUN

Challenge yourself in this multi-sport event! Open to all levels of fitness and abilities. Athletes will be started in waves every 20 minutes. Participants will have 15 minutes on each leg of the race (swim, bike, run) to accumulate as much yardage as possible. There will be 5 minute transition periods between each leg. * T-shirt included *

SUNDAY, FEBRUARY 22 | 8AM, FIRST WAVE STARTS

MEMBERS | \$35

PARTICIPANTS | \$50



MEMBERSHIP

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.

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 JOIN 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
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. Option to donate to the Annual Campaign.
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.



Mosaic
Counseling

FREE COUNSELING

Have you struggled with feelings of loneliness, anxiety, or hopelessness for 2 or more weeks? Do you want to learn tools and skills to help cope and manage these feelings? Thanks to Mosaic Counseling and Community Mental Health of Ottawa County, the Y is offering FREE counseling and intake services to our members.

DUE TO CONSTRUCTION, Andrea will meet with clients at the Mosaic Office located at 1703 S. Despelder, Grand Haven. Contact Andrea at acesperanzacounseling@gmail.com to set up an appointment.



COMMUNITY
MENTAL HEALTH
OTTAWA COUNTY

FREE SOCIAL REC MEMBERSHIP

Research shows that good physical health is directly linked to better mental health. The Tri-Cities Family YMCA and Community Mental Health of Ottawa County are partnering to provide **FREE** memberships to individuals that are currently experiencing and/or recovering from:

- Substance Use Disorders
- Mental Illness
- Intellectual/Developmental Disability

Interested individuals are required to fill out a Social Rec Program Membership Application which includes self-reporting a current or past substance use disorder, mental illness, and/or intellectual/developmental disability.

Open to all Ottawa County residents ages 18 and older. Visit the Tri-Cities Family YMCA to learn more or contact Tracy Whitehead, Membership Coordinator, at tracy.whitehead@tcfymca.org.

TRI-CITIES FAMILY YMCA FOOD PROGRAM

The Tri-Cities Family YMCA Food Program distributes FREE meals to local families, for ages 18 years and younger or 26 years and younger with a disability.

For more information, please contact **Brandy Fisher** at brandy.fisher@tcfymca.org.

PRESCHOOL CLASSROOM B
WINTER: MONDAY-THURSDAY
4:00 - 5:00 PM



CHILDCARE & EVENTS FOR KIDS

LEARNING TREE LICENSED CHILDCARE | AGES 3-6 YEARS

If you are looking for before and/or 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 **Celia Hardin, Site Director of Camp and Childcare**, at celia.hardin@tcfymca.org

MONDAY – FRIDAY, 7-9 AM & 12-6 PM			
MEMBERS		PARTICIPANTS (\$40 Registration Fee)	
Number of Days	Fee	Number of Days	Fee
Daily	\$60	Daily	\$75
2 Days	\$100	2 Days	\$120
3 Days	\$140	3 Days	\$165
4 Days	\$180	4 Days	\$210
5 Days	\$220	5 Days	\$255
Hourly Care: Care will be provided before or after preschool classes and/or programming, for up to 3 hours: \$15/hr (MEMBERS ONLY)			

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 workout! 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. **TWO HOUR LIMIT FOR ALL CHILDREN.**

KIDS' WORLD HOURS – AGES 3 MONTHS-10 YRS						
HOURS	MON -THURS	FRI	SAT	SUN	MEMBER FEE	ALL OTHER MEMBERSHIPS
WINTER 1	8:30AM-1:15PM 4:00-8:00PM	8:30AM-1:15PM	9:00AM-1:00PM	10:00AM – 2:00PM	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	\$6/VISIT/CHILD

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.**

4:30-7:30 PM
JAN 16 / FEB 20
MOVIE TITLES WILL BE SELECTED 2 WEEKS PRIOR.
CONFIRM MOVIE TITLE AT TIME OF REGISTRATION.

FAMILY OR PARENT/CHILD MEMBERSHIP | \$25
ALL OTHER MEMBERSHIPS OR PARTICIPANTS | \$30



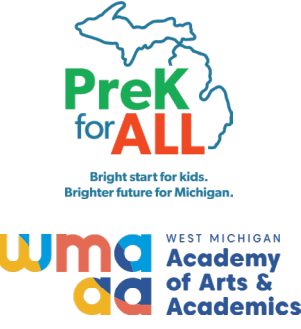
PRESCHOOL

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 **Rachael Rudd, Site Director of Preschool**, at rachael.rudd@tcfymca.org to learn more and schedule a tour to meet our teachers!



OPEN HOUSE
SAVE THE DATE!
SATURDAY, JANUARY 17, 2026
10:00 AM – 12:00 PM



TUITION BASED PROGRAMS

We offer tuition based classes at the Tri-Cities Family YMCA.

CLASS	DAYS	TIMES	MEMBERS	PARTICIPANTS
TWOS *Must be two by Dec. 1st, 2026	T/TH	9:30-11:30 AM	\$180/mo.	\$220/mo.
TWO/THREES *Must be two by Mar. 1st, 2026	M/W	9:15-11:45 AM	\$195/mo.	\$235/mo.
THREES *Must be three by Dec. 1st, 2026	T/TH	9:15-11:45 AM	\$200/mo.	\$240/mo.
THREES *Must be three by Dec. 1st, 2026	M/W/F	9:15-11:45 AM	\$225/mo.	\$265/mo.

TUITION-BASED REGISTRATION | FEBRUARY 2-4

Current Learning Tree Families | FEB 2
Tri-Cities Family YMCA Members | FEB 3
Community/Participants | FEB 4

Registration will not take place in-person. Students will be registered by class based on the dates listed above. 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. **Please fill out the registration form for your preferred class by clicking on the links below. Forms are due by Wednesday, January 28.**

- [TWO'S CLASS](#)
- [TWO-THREES CLASS](#)
- [TWO-DAY THREES CLASS](#)
- [THREE-DAY THREES CLASS](#)

TUITION FREE PreK for ALL PROGRAMS

We offer PreK for ALL classes at the Tri-Cities Family YMCA and at West Michigan Academy of Arts & Academics.

WHAT IS PREK FOR ALL? PreK for ALL is a tuition-free preschool, funded by MiLEAP. Children who will turn four years old by December 1, 2026 are eligible to enroll in this program.

Registration and enrollment for all tuition-free PreK for ALL classes will be available in March 2026. If interested in tuition-free PreK for ALL, please complete this [INTEREST SURVEY](#) prior to March 2026. We will reach out with further details as soon as they are available.

QUESTIONS?

Contact **Rachael Rudd, YMCA Site Director of Preschool**, at rachael.rudd@tcfymca.org

Contact **Jessica Douglas, WMAAA Site Director of Preschool**, at jessica.douglas@tcfymca.org



YOUTH SPORTS	AGE	MON	TUES	WED	SAT	CLASS LENGTH	MEMBER	PARTICIPANT
SPORTS & GAMES	4-5 YRS	4:15 PM				30 MIN	\$40	\$80
BALLET BASICS	4-5 YRS		4:30 PM			45 MIN	\$60	\$100
CARTOONING	6-8 YRS				1:15 PM	60 MIN	\$70	\$110
K-POP HIP HOP	9-13 YRS			4:00 PM		45 MIN	\$60	\$100
BEGINNER WATER POLO	8-13 YRS			4:30 PM		60 MIN	\$85	\$125



DUNK N' DIVE

1ST-4TH GRADERS

Join us for a NEW offering at the Y, specifically programmed for 1st-4th graders! Make a SLAM DUNK with basketball in the West Gym and make a SPLASH in the Pool with open swimming. Pizza, snack, and water provided. Please arrive in your swimsuit and bring a towel, gym shoes, and gym clothing.

JANUARY 30 | 5:00-8:00 PM

MEMBERS | \$30 PARTICIPANTS | \$40

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! **Equipment Orientation is required for ages 11-15 and is recommended for ages 16+.** ***Must pass the swim test to in order to be in the pool without parent/guardian supervision.** ****No use of Weight Room equipment.**

YOUTH AGES	GYM	POOL	CARDIO THEATER	TRACK	NON-EQUIPMENT FITNESS CLASSES	ALL FITNESS CLASSES, EXCEPT SPIN	SELECT WEIGHT EQUIPMENT	FULL USE OF FACILITY AND PROGRAMS
3 MON-7 YRS WITH DIRECT PARENT/GUARDIAN SUPERVISION								
8-10 YRS** WITH DIRECT PARENT/GUARDIAN SUPERVISION								
10 YRS* PARENT/GUARDIAN MUST BE IN THE Y FACILITY								
11-12 YRS* NO PARENT/GUARDIAN SUPERVISION NEEDED								
13-15 YRS* NO PARENT/GUARDIAN SUPERVISION NEEDED								
16+ YRS NO PARENT/GUARDIAN SUPERVISION NEEDED								

7TH GRADE INITIATIVE

The 7th Grade Initiative is a Y-USA National Program and provides a **FREE** Membership during the school year to all area 7th graders! Youth have opportunities for fitness and sports, as well as time to socialize with peers in a safe environment.

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

- Bring in a parent/guardian & school I.D
- One-time \$5 registration fee for key tag. \$5 for each additional lost key tag.
- Complete forms, schedule an orientation and have fun!

STRENGTH TRAINING FOR TEEN ATHLETES

AGES 11-15

Join Certified Personal Trainer, Traver Johnson, to learn how to properly strength train for athletes. Teens will learn basic lifts, machines, free weights, barbells, proper form, how to spot, and weight room etiquette.

WINTER 1 | THURSDAYS
6:00 PM (50 MIN CLASSES)

MEMBERS ONLY | \$100

SWIM LESSONS

AGES 6 MON–5 YEARS	MON	TUES	WED	THUR	CLASS LENGTH	MEM.	PART.
A/ WATER DISCOVERY (6 MON–3 YR, W/ PARENT)	4:30PM	9:30AM			30 MIN	\$65	\$90
B/ WATER EXPLORATION (6 MON–3 YR, W/ PARENT)	4:30PM			9:30AM	30 MIN	\$65	\$90
1 / WATER ACCLIMATION	5:15PM	10:15AM	4:30PM	10:15AM	30 MIN	\$80	\$120
2 / WATER MOVEMENT	6:00PM	11:00AM	5:15PM	11:00AM	30 MIN	\$80	\$120
3 / WATER STAMINA		11:45AM	6:00PM	11:45AM	30 MIN	\$80	\$120

AGES 6+YEARS & ADULTS	TUES	THUR	SAT	CLASS LENGTH	MEM.	PART.
1 / WATER ACCLIMATION	4:30PM	4:30PM		45 MIN	\$80	\$120
2 / WATER MOVEMENT	4:30PM 5:15PM	4:30PM 5:15PM		45 MIN	\$80	\$120
3 / WATER STAMINA	5:15PM 6:00PM	5:15PM 6:00PM		45 MIN	\$80	\$120
4 / STROKE INTRODUCTION	6:00PM	6:00PM		45 MIN	\$80	\$120
5 / STROKE DEVELOPMENT	7:00PM	7:00PM		45 MIN	\$80	\$120
6 / STROKE MECHANICS	7:00PM	7:00PM		45 MIN	\$80	\$120
ADULT (16+ YRS)			9:45AM	45 MIN	\$80	\$120

HOMESCHOOL SWIM LESSONS

Our Homeschool Swim Lessons are perfect for those families who are participating in homeschooling 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.

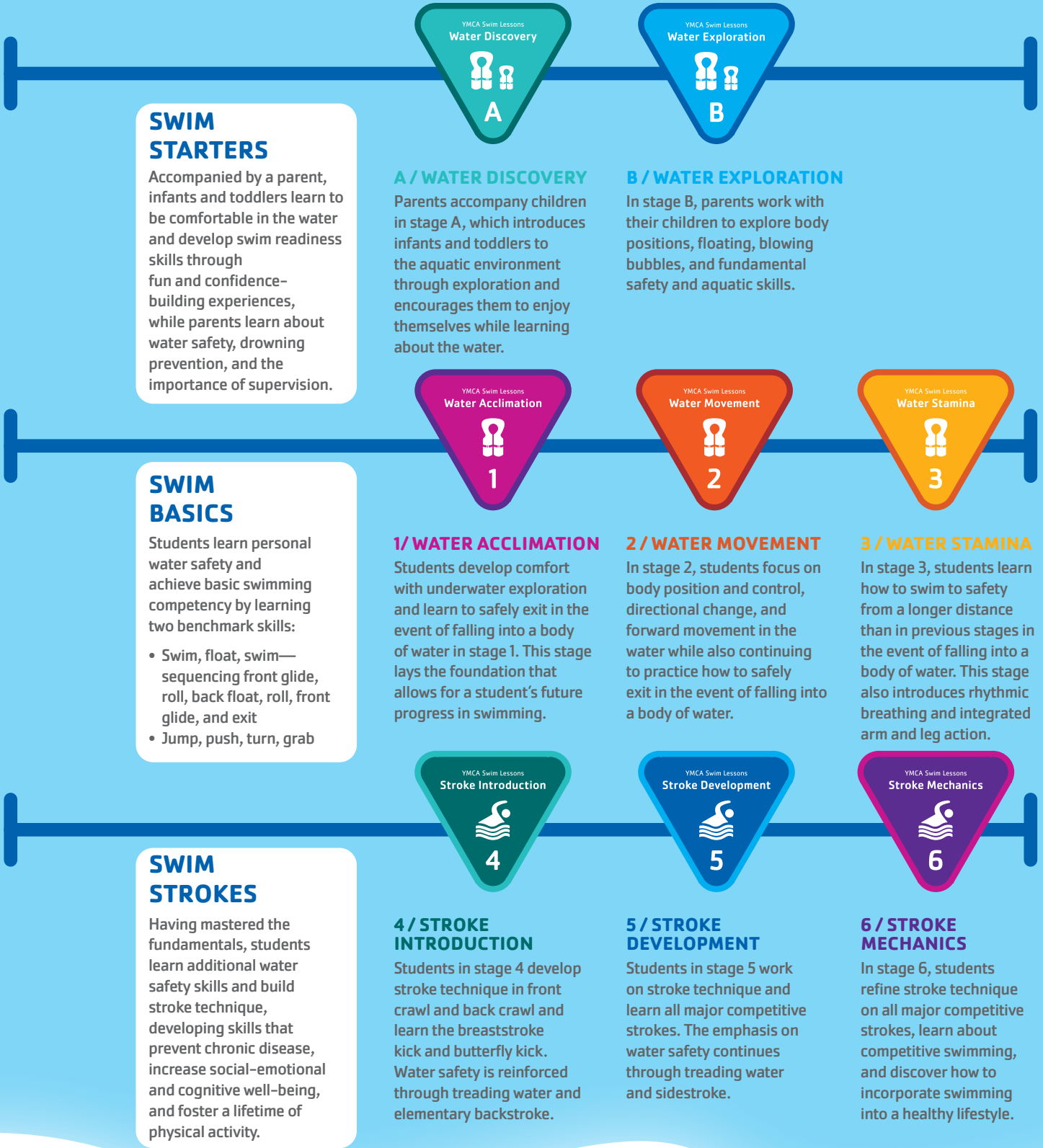
MEMBERS | \$80 **PARTICIPANTS | \$120**

MONDAYS OR WEDNESDAYS	
Levels 1–2	10:15 AM
Levels 3–4	11:15 AM
Levels 5–6	12:15 AM



WINTER 1: JAN 5 – FEB 22

SWIM LESSON LEVELS



AMERICAN RED CROSS LIFEGUARD TRAINING CLASS

Prerequisites: Class participants must be at least 15 years old, able to swim 150 yards, immediately followed by 2 minutes of treading water with only your legs, followed by a 50 yard swim. Swim strokes must be front crawl or breast stroke. 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 SESSIONS to pass. BELOW DATES SUBJECT TO CHANGE.

JAN 2 | 9:00 AM – 6:00 PM
JAN 3 | 8:00 AM – 6:00 PM
JAN 4 | 8:00 AM – 6:00 PM

MEMBERS | \$200 PARTICIPANTS | \$240

Can't attend on the dates listed? Contact Ali Weber, Aquatics Director, at ali.weber@tcfymca.org with questions.

LIFEGUARD RECERTIFICATION

Class participants must hold a current American Red Cross Lifeguard Certification to participate in this course.

DEC 22 | 8:00 AM – 6:30 PM

MEMBERS | \$105 PARTICIPANTS | \$145



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.

JAN 6 | 5:00 PM – 9:00 PM
FEB 21 | 8:00 AM – 12:00 PM

MEMBERS | \$70 PARTICIPANTS | \$90

AMERICAN RED CROSS 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 a Pediatric First Aid/CPR 2-year certification. Please bring a lunch, snacks, and water. **Pre-registration required.**

JAN 10 | 8:00 AM – 4:00 PM
FEB 7 | 8:00 AM – 4:00 PM

MEMBERS | \$120 PARTICIPANTS | \$160



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 PARTICIPANTS | \$15 DAY PASS
**Access to the Y for the whole day.*

HEALTH COACHING

We offer individual Health Coaching sessions to help you find MOTIVATION, SUPPORT, and SUCCESS in reaching your health and wellness goals. Participants will meet one-on-one with a Certified Health Coach. **Your sessions will be tailored to your personal health and wellness journey.**

Six 1-Hour Sessions
MEMBERS | \$230 PARTICIPANTS | \$290

PERSONAL TRAINING

Exercise and nutrition aren't one-size-fits-all. What works for one person may not work for another – that is why we offer Personal Training. **You can choose from fitness-only focused sessions or a combination of fitness and nutrition.** We want to help you 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 a plan 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.

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 | \$35
Six 30-Minute Sessions
MEMBERS | \$180

Single 45-Minute Session
MEMBERS | \$45
Six 1-Hour Sessions
MEMBERS | \$210

Single 1-Hour Session
MEMBERS | \$55
Six 1-Hour Sessions
MEMBERS | \$250

GROUP FITNESS CLASSES

STRENGTH & CARDIO • Body Basics • Barre Fusion • Family Fitness • Fitness for Life • Forever Fit • H.I.I.T. • Kickboxing Circuit • Pilates Fusion • Step Aerobics • Step & Sculpt • Surge Strength® • Total Body Strength	YOGA • Stable & Strong Yoga • Warrior Series Yoga • Hatha Yoga • Therapeutic Movement • Vinyasa Yoga • Yoga Flow
INDOOR CYCLING • Spin® & Sculpt • Spin®	DANCE • Zumba® • Hip Hop Dance Fitness

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 | \$55* SIX SESSIONS | \$250*
**PARTICIPANTS PAY \$15 DAY PASS FEE + GROUP TRAINING FEE*

EQUIPMENT ORIENTATIONS

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

BODY COMPOSITION TESTING

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

MEMBERS* | \$15 FOR 1 TEST OR \$25 FOR 2 TESTS
PARTICIPANTS | \$30 FOR 1 TEST

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

YFIT Functional Fitness

Join YFIT Functional Fitness! Join our Certified Personal Trainers for small group functional fitness sessions. Sessions will be personalized, with a focus on each individual's proper form, functional movements, mobility, and strength. Participants will workout together in the Functional Fitness area of the Weight Room.

WEDNESDAY/FRIDAY
5:45 – 6:30 AM

TUESDAY/THURSDAY
5:45 – 6:30 AM

TUESDAY/THURSDAY
10:30 – 11:15 AM

MEMBERS | \$165 (Limited Space, Exclusive to Members)

Diabetes Prevention Program®

In partnership with the Muskegon YMCA, we are one of more than 200 Y's across the country helping thousands of people reduce their risk of developing Type 2 Diabetes. This nationally recognized, small-group program helps people with pre-diabetes to eat healthier, increase their physical activity and lose weight to delay or prevent Type 2 Diabetes. This program is on-going. Please contact Brandy Fisher at brandy.fisher@tcfymca.org for more information.

ADULT TAI CHI

Tai Chi, also known as "shadowboxing", is a Chinese martial arts practice. The practice is equal parts exercise, stretching, and mindfulness. Tai Chi is a great way to alleviate stress and anxiety, while strengthening your body and mind.

Our Tai Chi instructor, Matt Nixon, has been practicing Tai Chi for over 12 years. He is a member of the Yang Family Tai Chi Association and holds the rank of Golden Eagle.

TUESDAYS:
BEGINNER **7:00 PM**
ADVANCED **8:00 PM**

THURSDAYS:
BEGINNER **1:30 PM**

MEMBERS | \$60 **PARTICIPANTS | \$95**

DROP-IN OPTION:
MEMBERS | \$10 **PARTICIPANTS | \$15**

Blood Pressure Self-Monitoring Program®

The YMCA's Blood Pressure Self-Monitoring Program supports adults with hypertension in lowering and managing their blood pressure. The four-month program focuses on practicing home self-monitoring of blood pressure readings, monthly office consultations, and monthly nutritional seminars with the support of a trained Heart Healthy Ambassador (HHA). Please contact Brandy Fisher, Health and Wellness Coordinator, at brandy.fisher@tcfymca.org.

PEDALING FOR PARKINSON'S

Pedaling a tandem 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. Please contact Brandy Fisher, Health and Wellness Coordinator, at brandy.fisher@tcfymca.org.

TUES / THURS / FRI | 10:15 – 11:00 AM

MEMBERS AND PARTICIPANTS: FREE

MONTHLY MEMBER FITNESS CHALLENGES

Keep an eye out for member-exclusive Monthly Fitness Challenges! These challenges are a great way to connect with other members as you work towards a health and wellness goal each month. All of our challenges are self-tracked and recorded on a board near the Welcome Center. Finisher prizes included!

MEMBERS: \$ VARIES

BEGINNER STRENGTH TRAINING

Join NASM Certified Personal Trainer, Chris D'Oyly, for small group strength training sessions for beginners! Class will be held in the Weight Room and will focus on use of equipment and proper form, as well as how to format a full body strength workout.

TUESDAYS | 6:00–6:50 PM

MEMBERS ONLY: \$100

WINTER ADULT LEAGUES

INNER TUBE WATER POLO

A fun version of Water Polo, with participants floating in inner tubes while they play. 7 vs. 7 game play. Participants should have some experience and ability to swim.

6 WEEKS: JAN 18–MAR 1 + TOURNAMENT

COED VOLLEYBALL

Indoor volleyball, 6 vs. 6 game play with three females and three males. **10 WEEKS: JAN 12–MAR 16**

	AGE	MON	SUN	TEAM FEE
INNER TUBE WATER POLO	18+		2:00 PM	\$250
COED VOLLEYBALL	18+	7:00 PM OR 8:00 PM		\$350

DROP-IN ADULT SPORTS (AGES 18+)

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!

MEMBERS | FREE **PARTICIPANTS | \$5 (2 HR)/ \$10 (3 HR)**

MON	TUES	THUR	FRI	SAT	SUN
1:15–3:15 PM	12–3 PM	12–3 PM	1:15–3:15 PM	8–11:00 AM	8–11:00 AM

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 / FRI | 12:00–1:00 PM

MEMBERS | FREE **PARTICIPANTS | \$5**

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! Subject to change, based on YBL practice schedule.

WED | 7:15–8:45 PM

MEMBERS | FREE **PARTICIPANTS | \$5**

DROP-IN BASKETBALL

Drop-in and join a game of pick-up basketball! Or, practice your shots on your own. 18+. **ENDS JANUARY 22.**

THURS | 7:15–9:00 PM
SUN | 12:00 – 2:00 PM

MEMBERS | FREE **PARTICIPANTS | \$5**

