2026 FALL PROGRAM GUIDE

TRI-CITIES FAMILY YMCA

1 Y Drive, Grand Haven, MI 49417
616.842.7051 | tcfymca.org

YOUR Y. BETTER THAN EVER.

Built for you. Ready for what's next.

WELCOME

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

United Way Community Partner

FACILITY HOURS

CONNECT WITH US

BEGINS SEPTEMBER 8

MON-THURS:	5:00 AM-9:00 PM
FRIDAY:	5:00 AM-8:00 PM
SAT-SUN:	6:00 AM-5:00 PM

SESSIONS & REGISTRATION

FALL 1 | SEPT 8 - OCT 25
MEMBERS: AUG 17
PARTICIPANTS: AUG 24

FALL 2 | OCT 26 - DEC 20
MEMBERS: OCT 5
PARTICIPANTS: OCT 12

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. ***$5 Joining Fee for 7th Grade Memberships.***

STARTING AUGUST 17, 2026, NEW FAMILY AND PARENT/CHILD MEMBERSHIPS SAVE $28/MONTH!

Community Impact Celebration

SAVE THE DATE! THURSDAY, OCTOBER 22

Join us for one of the most anticipated events of the year — the Tri-Cities Family YMCA Community Impact Celebration! You will hear firsthand how the Y continues to make an impact in our community. This year's event will be held at the Spring Lake Country Club.

Contact Kelly Ruffing at kelly.ruffing@tcfymca.org for sponsorship opportunities.

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.

MEMBERSHIP MAKES MORE POSSIBLE

FREE...
- CHILDCARE SERVICES
- GROUP FITNESS CLASSES
- EQUIPMENT ORIENTATION
- MENTAL HEALTH SERVICES
- ADULT DROP-IN SPORTS

ACCESS TO...
- PRIORITY REGISTRATION
- REDUCED PROGRAM FEES
- 25 METER POOL
- WEIGHT ROOM
- UNIVERSAL LOCKER ROOM
- CARDIO/TRACK STUDIO
- SAUNA

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.
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, prior to start of the program, will receive a 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.

As we begin to settle into our new and renovated spaces, Andrea will continue to 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 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.

SPECIAL EVENTS & HAPPENINGS

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.

AUG 21 / OCT 23 / DEC 11
4:00-5:30 PM

AMERICAN RED CROSS BLOOD DRIVES

Give the gift of life by donating at our upcoming American Red Cross blood drives. In addition to donors, we will also need volunteers to help make these events a success. Please contact Brandy Fisher, Health & Wellness Coordinator, to sign up to be a volunteer at brandy.fisher@tcfymca.org. **DONOR REGISTRATION: www.redcross.org**

SEPT 11 / OCT 30 / NOV 27
9:00 AM - 3:00 PM

INDOOR TRIATHLON

SPLASH • MASH • DASH

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. *Finisher prize included *

SUNDAY, NOVEMBER 15 | 8AM, FIRST WAVE STARTS

MEMBERS | $35 **PARTICIPANTS | $55**

WELLNESS WEDNESDAYS & FUN FRIDAYS

Each week features a new mix of fitness, wellness, and fun activities designed to keep participants moving, learning, and connecting. Great opportunities for our Social Rec members and open to all Y members. **FREE to members.**

WEDNESDAYS & FRIDAYS
1:00 - 2:00 PM

TRI-CITIES FAMILY YMCA FOOD PROGRAM

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

QUESTIONS? Please contact **Brandy Fisher at brandy.fisher@tcfymca.org.**

YMCA LOBBY
FALL (BEGINS AUG 26): MONDAY-FRIDAY
4:00 - 5:00 PM

JUNGLE GYM
WALKING - 5 YEARS

Let your little one run, play, and have fun! Join us in the NEWLY RENOVATED Lower Level Gymnastics Studio! Parents/ guardians must stay and supervise children.

MEMBERS | FREE
PARTICIPANTS | $5/child or $10/family

MON & THURS | 12:00-1:30 PM (until Sept 3)
MON & THURS | 10:00 AM -12:00 PM (begins Sept 10)

WINTER BREAK CAMP
AGES 5-13 YEARS

Skip the winter hibernation and join the fun at Winter Break Camp! Kids will stay active, make new friends, and enjoy exciting indoor and outdoor activities all week long. Weekly and daily registration options are available.

Registration: A $40 non-refundable deposit is due at registration. The remaining balance is due by Wednesday before camp begins. Automatic payment deductions are available upon request.

REGISTRATION: MEMBERS | NOV 2
PARTICIPANTS | NOV 9

DAILY FULL DAY
MEMBERS | $55 **PARTICIPANTS | $75**

DAILY HALF DAY (DEC 24)
MEMBERS | $30 **PARTICIPANTS | $50**

FULL SESSION (DEC 21-31, NO CAMP DEC 25 or JAN 1)
MEMBERS | $350 **PARTICIPANTS | $375**

WINTER BREAK CAMP SCHEDULE	
DEC 21-23	8:30 AM - 4:30 PM
DEC 24	8:30 AM - 12:00 PM
DEC 25	NO CAMP
DEC 28-31	8:30 AM - 4:30 PM

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 THE DAY OF THE EVENT. MUST BE POTTY TRAINED.

4:30-7:30 PM
SEPT 18 / OCT 16 / NOV 20 / DEC 18
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 | $35

GYM & SWIM
1ST-4TH GRADERS

Join us for a fun-filled evening at the Y designed just for 1st–4th graders! Each Gym & Swim features a unique theme and includes exciting activities both in and out of the pool. Kids will enjoy swimming, gym games, ninja challenges, basketball, dodgeball, and more while making new friends and staying active. Every event is a new adventure—you won't want to miss the fun!

Please have child(ren) arrive in their swimsuit. Bring a towel and change of clothes. Pizza dinner will be provided.

5:00-8:00 PM

SEPT 25 | Outdoor Adventures
Swim, Dodgeball, Capture the Flag

NOV 13 | Swim & Ninja
Swim, Ninja Course

MEMBERS | $30
PARTICIPANTS | $50

CHILDCARE & EARLY CHILDHOOD

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 for Camp and Childcare, at celia.hardin@tcfymca.org

MONDAY-FRIDAY | 7AM-6PM			
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)**

KID ZONE | 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 Kid Zone 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.**

KID ZONE HOURS - AGES 3 MONTHS-10 YRS						
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	8:00AM-2:00PM	8:00AM-2:00PM	FREE WITH FAMILY OR PARENT/CHILD MEMBERSHIP	$10/VISIT/CHILD

NEW! POP-UP PRESCHOOL CLASSES COMING SOON! FALL 2 SESSION

TINY TASTES: A COOKING ADVENTURE

AGE 4

Get ready for a deliciously fun adventure in our one hour Pop-Up Preschool Cooking Class, led by Learning Tree Preschool teachers. Little chefs will dive into hands-on mixing, measuring, and creating while our expert educators turn every step into a moment of learning and joy. With engaging cooking activities designed to spark curiosity and build early math, science, and fine motor skills, this experience delivers big smiles, big discoveries, and a tasty treat.

QUESTIONS? Please contact **Rachael Rudd at rachael.rudd@tcfymca.org**

FALL 2 | FRIDAYS
9 - 10 AM
MEMBERS | $100 **PARTICIPANTS | $110**

FALL 1 | SEPT 8 - OCT 25 **FALL 2 | OCT 26 - DEC 20**

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!**

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? Registration for the 2026-2027 is NOW OPEN! We continue to register students until the start of the new school year. Please contact Rachael Rudd, Site Director, at rachael.rudd@tcfymca.org if you would like to register your child.

TUITION FREE
PreK for ALL and Strong Beginnings PROGRAMS

Strong Beginnings is only offered at our Tri-Cities Family YMCA location, while PreK for ALL classes are offered at both the Tri-Cities Family YMCA and West Michigan Academy of Arts & Academics locations.

CLASS	DAYS	TIMES	TUITION
TRI-CITIES FAMILY YMCA LOCATION			
FULL DAY PreK for ALL *Must be four by Dec. 1st, 2026	M-TH	8:30 AM-3:30 PM	ALL PreK for ALL and Strong Beginnings CLASSES ARE TUITION FREE
FULL DAY PreK for ALL/Strong Beginnings *Must be three by Sept. 1st, 2026 OR must be four by Dec. 1st, 2026	M-TH	8:30 AM-3:30 PM	
AFTERNOON PreK for ALL *Must be four by Dec. 1st, 2026	M-TH	12:15-3:15 PM	

CLASS	DAYS	TIMES	TUITION
WMAAA LOCATION			
FULL DAY PreK for ALL *Must be four by Dec. 1st, 2026	M-TH	8:00 AM-3:00 PM	ALL PreK for ALL CLASSES ARE TUITION FREE
FULL DAY PreK for ALL *Must be four by Dec. 1st, 2026	M-TH	8:00 AM-3:00 PM	

LEARNING TREE PRESCHOOL

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 is OPEN! The first step in the registration process is to complete an **MiECC application**.

WHAT IS STRONG BEGINNINGS? Strong Beginnings is a tuition-free preschool, funded by MiLEAP. Children who will turn three years old by September 1, 2026 are eligible to enroll in this program.

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

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

WMAAA West Michigan Academy of Arts & Academics

Strong Beginnings PRESCHOOL FOR 3 YEAR OLD CHILDREN

PreK for ALL Bright start for kids. Brighter future for Michigan.

YOUTH SPORTS

FALL 1	AGE	MON	TUES	WED	THUR	LENGTH	MEMBER	PARTICIPANT
SPORTS & GAMES	4-5 YRS		4:30 PM			30 MIN	$45	$85
SOCCER BASICS	4-5 YRS			5:15 PM		45 MIN	$65	$105
	6-8 YRS			6:15 PM				
TENNIS	6-8 YRS				5:15 PM	45 MIN	$65	$105
	9-13 YRS				6:15 PM			
PICKLEBALL	6-8 YRS			5:15 PM		45 MIN	$65	$105
	9-13 YRS			6:15 PM				
FALL FISHING	6-10 YRS	5:30 PM				1.5 HR	$80	$120
FLAG FOOTBALL	9-13 YRS			6:15 PM		45 MIN	$65	$105
ULTIMATE FRISBEE	9-13 YRS	5:15 PM				45 MIN	$65	$105

FALL 2	AGE	MON	THUR	LENGTH	MEMBER	PARTICIPANT
SPORTS & GAMES	4-5 YRS	4:15 PM		30 MIN	$45	$85
FUTSAL	6-8 YRS		5:15 PM	45 MIN	$65	$105
	9-13 YRS		6:15 PM			
VOLLEYBALL	9-13 YRS	5:00 PM		45 MIN	$65	$105

FALL 2 | BASKETBALL SKILLS	TUES	WED	LENGTH	MEMBER	PARTICIPANT
COED Y5-K	5:00 PM		45 MIN	$70	$110
COED 1ST-2ND	6:00 PM				
COED 3RD-4TH		5:00 PM			
COED 5TH-6TH		6:00 PM			

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 2027! Registration is as follows (subject to late fee after Dec 11):

EARLY REGISTRATION: NOV 9-27
MEMBERS | $100 **PARTICIPANTS** | $140

REGULAR REGISTRATION: NOV 28-DEC 11
MEMBERS | $120 **PARTICIPANTS** | $160

FALL 1 | SEPT 8 - OCT 25 **FALL 2 | OCT 26 - DEC 20**

NINJA & GYMNASTICS

FALL 1 & 2 | NINJA	AGE	TUES	WED	THUR	SAT	LENGTH	MEMBER	PARTICIPANT
MORNING NINJA TINY TOTS	2-3 YRS	9:30 AM 10:15 AM	9:30 AM			30 MIN	$45	$85
NINJA TINY TOTS	2-3 YRS	4:30 PM				45 MIN	$70	$110
LIL NINJA	4-5 YRS	5:15 PM		4:30 PM		45 MIN	$70	$110
BEGINNER NINJA	6-8 YRS			5:15 PM 6:15 PM		45 MIN	$70	$110
INTERMEDIATE NINJA	8+ YRS	6:15 PM				45 MIN	$70	$110
DROP-IN NINJA	4-8 YRS				11:00 AM	1 HR	$5	$10
HOMESCHOOL NINJA	4-6 YRS		10:15 AM				$70	$110
	6+ YRS		11:00 AM					

FALL 1 & 2 | GYMNASTICS	AGE	MON	WED	THUR	LENGTH	MEMBER	PARTICIPANT
PRESCHOOL 2'S	2 YRS	4:30 PM		4:30 PM	30 MIN	$45	$85
PRESCHOOL BEGINNER	3-5 YRS	5:30 PM	4:30 PM 5:30 PM	5:15 PM	45 MIN	$70	$110
PRESCHOOL INTERMEDIATE	4-5 YRS	6:15 PM		6:15 PM	45 MIN	$70	$110
BEGINNER 1	5-15 YRS	4:30 PM	4:30 PM 6:30 PM		55 MIN	$80	$120
BEGINNER 2	5-15 YRS	5:30 PM	5:30 PM		55 MIN	$80	$120
INTERMEDIATE 1	5-15 YRS	6:30 PM	6:30 PM		55 MIN	$80	$120
BEGINNER TUMBLING	5-15 YRS	6:30 PM			45 MIN	$70	$110

GYMNASTIC LEVEL DESCRIPTIONS

YOUTH & TEEN FITNESS

YOUTH FITNESS POLICY

Safety is our number one priority. The following age guidelines will help to ensure your family's safety while enjoying all 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 Strength Training area.**

YOUTH AGES	GYM	POOL	CARDIO AREA	TRACK	NON-EQUIPMENT FITNESS CLASSES	ALL FITNESS CLASSES, EXCEPT SPIN	SELECT STRENGTH TRAINING 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								●

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.

THURSDAYS | 5:00 PM

MEMBERS ONLY: FALL 1 | $100 FALL 2 | $110

AMERICAN RED CROSS CLASSES

AMERICAN RED CROSS LIFEGUARD TRAINING CLASS

Prerequisites: students must be at least 15 years old, able to swim 150 yards, immediately followed by 2 minutes of treading water with only their legs, immediately 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 DAYS OF A SESSION to pass.

NOVEMBER SESSION
NOV 5 | 4:00 PM – 8:00 PM
NOV 6 | 4:00 PM – 8:00 PM
NOV 7 | 8:00 AM – 6:00 PM
NOV 8 | 8:00 AM – 6:00 PM

DECEMBER SESSION
DEC 28 | 10:00 AM – 7:00 PM
DEC 29 | 10:00 AM – 7:00 PM
DEC 30 | 10:00 AM – 7:00 PM

MEMBERS | $200 **PARTICIPANTS | $240**

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. **This is a two-day course.** Please bring a lunch, snacks, and water. **Pre-registration required.**

OCT 3 / NOV 7 / DEC 5 | 8 AM – 4 PM

MEMBERS | $120 **PARTICIPANTS | $160**

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.

SEPT 16 | 5-9 PM
SEPT 19 | 8 AM – 12 PM
OCT 21 | 5-9 PM
NOV 14 | 8 AM – 12 PM
DEC 16 | 5-9 PM

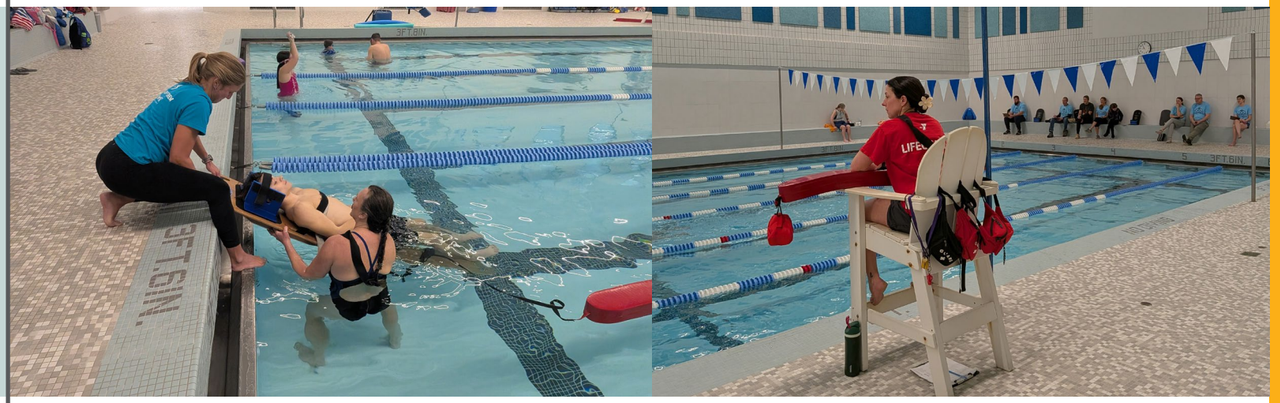
MEMBERS | $70 **PARTICIPANTS | $90**

LIFEGUARD RECERTIFICATION

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

OCT 17 / JAN 30 | 8:00 AM – 6:30 PM

MEMBERS | $105 **PARTICIPANTS | $145**



AQUATICS

GROUP SWIM LESSONS

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

AGES 6+ YEARS	MON	TUES	WED	THURS	SAT	CLASS LENGTH	MEM.	PART.
1 / WATER ACCLIMATION	5:15PM	6:00PM	5:15PM	6:00PM	9:45 AM	45 MIN	$80	$120
2 / WATER MOVEMENT	5:15PM	6:00PM	5:15PM	6:00PM	10:45 AM	45 MIN	$80	$120
3 / WATER STAMINA	6:00PM	5:15PM	6:00PM	5:15PM	10:45 AM	45 MIN	$80	$120
4 / STROKE INTRODUCTION	7:00PM	7:00PM	6:00PM 7:00PM	7:00PM	11:45 AM	45 MIN	$80	$120
5 / STROKE DEVELOPMENT	7:00PM	7:00PM	7:00PM	7:00PM	11:45 AM	45 MIN	$80	$120
6 / STROKE MECHANICS	7:00PM	7:00PM	7:00PM	7:00PM	11:45 AM	45 MIN	$80	$120
ADULT (16+ YEARS)					9:00AM 9:45AM	45 MIN	$80	$120

HOMESCHOOL SWIM LESSONS

SCHOOL AGE CHILDREN

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.**

MONDAYS OR WEDNESDAYS

LEVELS 1-2 | 10:15 AM
LEVELS 3-4 | 11:15 AM
LEVELS 5-6 | 12:15 PM

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

SWIM LEVELS

YMCA Swim Lessons Water Discovery A

YMCA Swim Lessons Water Exploration B

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.

YMCA Swim Lessons Water Acclimation 1

YMCA Swim Lessons Water Movement 2

YMCA Swim Lessons Water Stamina 3

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

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.

YMCA Swim Lessons Stroke Introduction 4

YMCA Swim Lessons Stroke Development 5

YMCA Swim Lessons Stroke Mechanics 6

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.

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.

HEALTH & WELLNESS

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

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 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 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 | $30
Six 30-Minute Sessions
MEMBERS | $170

Single 45-Minute Session
MEMBERS | $40
Six 1-Hour Sessions
MEMBERS | $200

Single 1- Hour Session
MEMBERS | $50
Six 1-Hour Sessions
MEMBERS | $240

GROUP FITNESS CLASSES

STRENGTH & CARDIO	YOGA
• Body Basics • Barre Fusion • Family Fitness • Fitness for Life • Forever Fit • H.I.I.T. and Tabata • Kickboxing • Pilates Fusion • Step Aerobics • Step & Sculpt • Surge Strength® • Total Body Strength	• Stable & Strong Yoga • Warrior Series Yoga • Hatha Yoga • Theraputic Movement • Vinyasa Yoga • Yoga Flow
INDOOR CYCLING	**DANCE**
• Spin® & Sculpt • Spin®	• 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 | $50 **SIX SESSIONS** | $250

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.*

PELVIC FLOOR FOUNDATIONS

Join Certified Personal Trainer, Kate Spry, to learn how strengthening your pelvic floor can improve overall fitness, stability, and confidence. This small group class combines education with practical exercise to help you better understand this important group of muscles and how they support your body.

NEW!

WEDNESDAYS | 10:30 AM

MEMBERS ONLY: FALL 1 | $100 **FALL 2 | $110**

YFIT – FUNCTIONAL FITNESS

Join one of our Certified Personal Trainers for small group functional fitness sessions. Sessions will be personalized, with a focus on each individuals 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 ONLY: FALL 1 | $155 **FALL 2 | $170**

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 | 6:30-7:20 PM

MEMBERS ONLY: FALL 1 | $100 **FALL 2 | $110**

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

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.

MONDAYS (BEGINNING SEPTEMBER 14):
BEGINNER 6:00 PM
INTERMEDIATE 7:00 PM
ADVANCED 8:00 PM

FALL 1:
MEMBERS | $65 **PARTICIPANTS** | $100

FALL 2:
MEMBERS | $75 **PARTICIPANTS** | $110

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

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.**

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 Health and Wellness Coordinator, Brandy Fisher for more information: brandy.fisher@tcfymca.org**

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. Please contact Brandy Fisher at brandy.fisher@tcfymca.org.

TUES / THURS / FRI | 10:15 – 11:00 AM

MEMBERS AND PARTICIPANTS: FREE

ADULT SPORTS

COED VOLLEYBALL TOURNAMENT

Serve up some fun while making a difference! Gather your team for our Coed Volleyball Tournament, where friendly competition supports the YMCA's Annual Campaign. Whether you're playing to win or just for fun, every match helps strengthen our community by providing YMCA programs and memberships to those in need. Team registration required.

STAY TUNED FOR MORE DETAILS! Will be held in November.

ADULT DROP-IN SPORTS	MON	TUES	WED	THUR	FRI	SAT	SUN
PICKLEBALL	1:15-3:15 PM	12-3 PM*		12-3 PM*	1:15-3:15 PM	8-11 AM*	8-11 AM*
BASKETBALL				7:15-9 PM			12-2 PM
VOLLEYBALL			7-9 PM**				
FUTSAL	12-1 PM		12-1 PM		12-1 PM		
NINJA		7:15-8:15 PM					

MEMBERS | FREE **PARTICIPANTS** | $5 OR $10* **VOLLEYBALL LEAGUES MAY IMPACT. CHECK SCHEDULE.

FALL 1 ADULT LEAGUES	AGE	DAYS	TEAM FEE
COED INDOOR VOLLEYBALL LEAGUE **9 WEEKS: SEPT 14 - NOV 9** Indoor volleyball, 6 vs. 6 game play with three females and three males. Limit of 10 teams.	18+	GAMES WILL BE HELD ON **MON** OR **WED** ***TIME TBD***	$350

LETTER FROM THE CEO

Dear Members and Program Participants,

We are delighted to welcome you to the Fall 1 & 2 Sessions in our newly renovated facility. Over the past year, we have updated and renovated spaces you see and some you don't with three goals in mind:

- Expand and Enhance Early Childhood Services
- Renovate and expand preschool classrooms to meet the needs of today's students.
- Renovate drop-in childcare to create a better experience for our littlest members.
- Relocate licensed childcare to better integrate with our Learning Tree Preschool.
- Invest in Intergenerational Wellness

Renovate the facility to welcome people of all abilities. Create equal access by removing social and physical barriers.

- Create universal access to private changing and showering rooms in our locker rooms.
- Improve access to the indoor track and cardio equipment.
- Steward Essential Infrastructure
- Complete essential improvements to infrastructure and mechanical systems.
- Stabilize pool infrastructure and mechanical systems.
- Modernize our HVAC system for optimal air quality, health and safety and improved energy efficiency.

All of this was done in the spirit of sustaining the Y for generations to come. If you're a member who stuck with us during construction, thank you. If you're a donor who supported the project, thank you. We could not have completed this project without all of you. It's time to shift our focus from capital improvement to programs and services that serve the entire community including children, families, and active older adults. Come and experience the new Y!

Gregory Coil, CEO