



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



**FIND YOUR BEST SELF.**  
**FIND YOUR Y.**  
2025 FALL 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. Planned improvements include:

- Expanding and modernizing Early Childhood Classrooms.
- Investing in intergenerational wellness by relocating cardio equipment and indoor track.
- Stewarding essential infrastructure by replacing and upgrading mechanical systems and roofs.
- Redesigning our locker rooms to increase privacy and create a universal locker room for members and families with private changing rooms.
- And, MORE!

Please note, Fall 1 Session offerings may be limited and/or unavailable during construction. Additionally, some of your favorite programs may be temporarily relocated. Please see PAGE 2 of this Program Guide for further details. We appreciate your flexibility as we work toward building a better facility for the future!

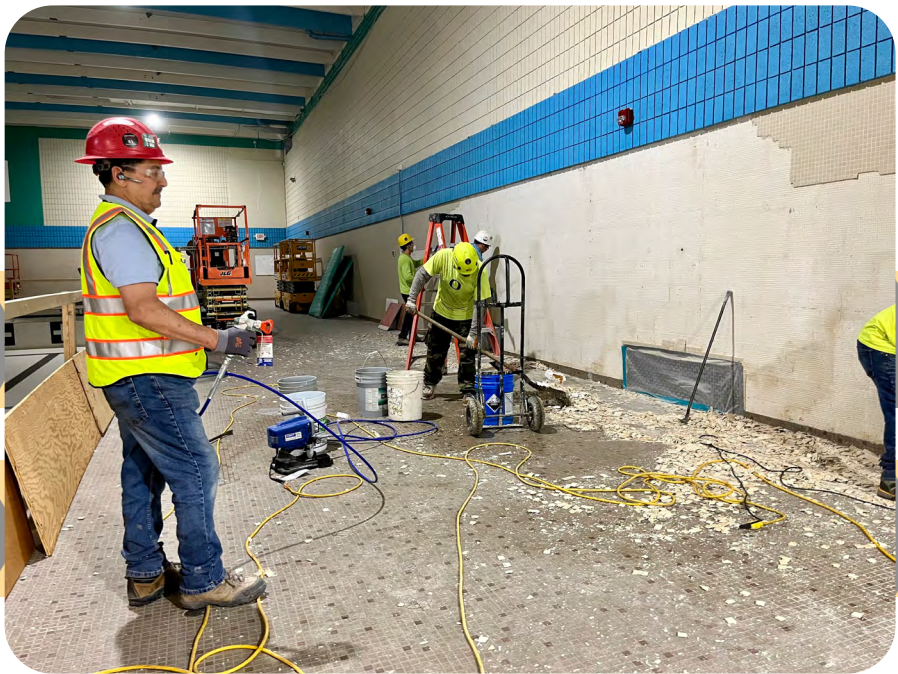
## 📍 DO YOU WANT TO SUPPORT THE Y?

[DONATE TODAY!](#)



## FALL 1 SESSION & PROGRAM UPDATES

- **Jungle Gym:** On hold; look for updates and restart information in the fall.
- **Aquatics:** Pool is closed for renovations until fall.
- **Licensed Childcare:** New location is the Mind Body Studio on the lower level.
- **Rec Gymnastics:** On hold; look for updates and restart information in Fall 2 session.
- **Ninja:** On hold; look for updates and restart information in Fall 2 session.
- **Group Fitness Classes:** Classes will be held in the Multipurpose Room, West Gym, and outdoors. Please refer to the MPR and West Gym schedules on our website, [www.tcfymca.org](http://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](http://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](mailto:acesperanzacounseling@gmail.com) to set up an appointment.
- **Preschool Classrooms:** Under renovation until late summer/early fall.





# WELCOME

TRI-CITIES FAMILY YMCA | 1 Y DRIVE GRAND HAVEN, MI 49417  
616.842.7051 | [tcfymca.org](http://tcfymca.org)



## FALL 1

BEGINS SEPTEMBER 2

### FACILITY HOURS

MON-THURS: 5:00AM-9:00PM

FRIDAY: 5:00AM-8:00PM

SAT-SUN: 7:00AM-5:00PM

## SESSION & REGISTRATION

FALL 1 | SEPT 2 – OCT 26

MEMBERS: AUG 11

PARTICIPANTS: AUG 18



### 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  
SEPT 19 / OCT 17 / NOV 21 / DEC 19  
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

## 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](http://www.tcfymca.org).

4:00-5:30 PM  
FRIDAY, AUGUST 22  
FRIDAY, OCTOBER 24  
FRIDAY, DECEMBER 12

### COMMUNITY IMPACT CELEBRATION

#### SAVE THE DATE! WEDNESDAY, OCTOBER 15

Join us for one of the most anticipated events of the year — the Tri-Cities Family YMCA Community Impact Event!

This isn't just food and a presentation, it's a powerful opportunity for connection, camaraderie, and community support. Stay tuned for more details!

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](http://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](http://tcfymca.org)
2. Click on the REGISTER button.
3. Login to your account or sign up for an account.
4. Find and click on the program you want to register for. 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.

## MEMBERSHIP



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](mailto: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](mailto:tracy.whitehead@tcfymca.org).

### 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.

For more information, please contact Brandy Fisher at [brandy.fisher@tcfymca.org](mailto:brandy.fisher@tcfymca.org).

YMCA LOBBY  
FALL (BEGINS SEPT 2): MONDAY-FRIDAY  
4:00 – 5:00 PM

[CONNECT WITH US](#)



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 Celia Hardin, Early Childhood Assistant Director at [celia.hardin@tcfymca.org](mailto:celia.hardin@tcfymca.org)

MONDAY – FRIDAY, 7:00 AM – 6:00 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
Wrap Around Care: Care will be provided before, after, or between preschool classes and/or programming, for up to 3 hours: <b>\$15/hr (MEMBERS ONLY)</b>			

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
FALL 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

AFTER SCHOOL PROGRAM  
AGES 5-12 YEARS

The Y’s After-School Program will provide a safe, enriching and fun environment for kids to enjoy when the school day ends. Includes transportation, free meals/snacks, academic help, and physical activities.

**\$100/WEEK\***  
*\*Financial assistance available.*

Transportation via Harbor Transit is available from Griffin Elementary, Ferry Elementary, Mary A White Elementary, White Pines Intermediate, and West Michigan Academy of Arts & Academics. Lakeshore Middle School students are encouraged to walk.

**Days:** Monday-Friday  
**Times:** After school – 6:00pm

Register by calling the Welcome Center at 616.842.7051. Registration is required by Wednesday for care the following week.

**QUESTIONS?**  
Contact Jentry Karpin at [jentry.karpin@tcfymca.org](mailto:jentry.karpin@tcfymca.org)

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 **Kelly Haracourt**, at [kelly.haracourt@tcfymca.org](mailto:kelly.haracourt@tcfymca.org) to schedule a tour and meet our teachers!

2025-26 CLASS OFFERINGS

TUITION BASED PROGRAMS

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

CLASS	DAYS	TIMES	MEMBERS	PARTICIPANTS
<b>TWOS</b> <small>*Must be two by Dec. 1st, 2025</small>	T/TH	9:30-11:30 AM	\$175/mo.	\$215/mo.
<b>TWO/THREES</b> <small>*Must be two by Mar. 1st, 2025</small>	M/W	9:30 AM-12:00 PM	\$190/mo.	\$230/mo.
<b>THREES</b> <small>*Must be three by Dec. 1st, 2025</small>	T/TH	9:15-11:45 AM	\$195/mo.	\$235/mo.
<b>THREES</b> <small>*Must be three by Dec. 1st, 2025</small>	M/W/F	9:15-11:45 AM	\$220/mo.	\$260/mo.
<b>THREE/FOURS</b> <small>*Must be three by Mar. 1st, 2025</small>	M/W/F	12:30-3:15 PM	\$225/mo.	\$265/mo.



LEARNING TREE PRESCHOOL



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




WEST MICHIGAN  
Academy  
of Arts &  
Academics



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.

CLASS	DAYS	TIMES	TUITION
TRI-CITIES FAMILY YMCA LOCATION			ALL PreK for ALL CLASSES ARE TUITION FREE 
<b>FULL DAY PreK for ALL</b> <small>*Must be four by Dec. 1st, 2025</small>	M-TH	8:30 AM-3:30 PM	
<b>FULL DAY PreK for ALL</b> <small>*Must be four by Dec. 1st, 2025</small>	M-TH	8:30 AM-3:30 PM	
<b>AFTERNOON PreK for ALL</b> <small>*Must be four by Dec. 1st, 2025</small>	M-TH	12:15-3:15 PM	
WMAAA LOCATION			
<b>FULL DAY PreK for ALL</b> <small>*Must be four by Dec. 1st, 2025</small>	M-TH	8:30 AM-3:30 PM	
<b>FULL DAY PreK for ALL</b> <small>*Must be four by Dec. 1st, 2025</small>	M-TH	8:30 AM-3:30 PM	

**WHAT IS PREK FOR ALL?** PreK for ALL is a tuition-free preschool, funded by MiLEAP. All interested families must complete an [MiECC Application](#). This includes providing your annual household income and supporting documentation.

**QUESTIONS?**  
Contact Kelly Haracourt at [kelly.haracourt@tcfymca.org](mailto:kelly.haracourt@tcfymca.org)



YOUTH SPORTS	AGE	MON	TUES	WED	THUR	CLASS LENGTH	MEMBER	PARTICIPANT
SPORTS & GAMES	4-5 YRS		4:30 PM			30 MIN	\$45	\$85
SOCCER BASICS	4-5 YRS	5:00 PM				45 MIN	\$65	\$105
	6-8 YRS	6:00 PM						
OUTDOOR NINJA	6-8 YRS				5:00 PM	45 MIN	\$65	\$105
FALL FISHING	6-10 YRS		5:15 PM			1.5 HRS	\$80	\$120
PICKLEBALL	6-8 YRS			5:00 PM		45 MIN	\$65	\$105
	9-13 YRS			6:00 PM				
TENNIS	6-8 YRS				5:00 PM	45 MIN	\$65	\$105
	9-13 YRS				6:00 PM			
FLAG FOOTBALL	6-8 YRS			5:00 PM		45 MIN	\$65	\$105
	9-13 YRS			6:00 PM				
ULTIMATE FRISBEE	9-13 YRS				6:00 PM	45 MIN	\$65	\$105



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+.** **\*\*No use of Weight Room equipment.**

YOUTH AGES		GYM	CARDIO THEATER	TRACK	NON-EQUIPMENT FITNESS	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								●

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 18, 2025, NEW FAMILY MEMBERSHIPS SAVE \$28/MONTH!**

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.

WEDNESDAYS | 5:00-5:50 PM

MEMBERS ONLY | \$110







THE POOL WILL BE CLOSED FOR RENOVATIONS UNTIL EARLY FALL. Swimmers are encouraged to check out our Group Fitness Classes and YFIT program.

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

AUG 19-20 | 1:00-5:00 PM  
OCT 8 | 8:00 AM - 4:00 PM  
DEC 29-30 | 1:00 - 5:00 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.

AUG 11 | 4:00 PM - 8:00 PM  
AUG 12 | 2:00 PM - 6:00 PM  
AUG 23 | 9:00 AM - 1:00 PM  
SEPT 9 | 5:00 PM - 9:00 PM  
OCT 4 | 9:00 AM - 1:00 PM  
NOV 22 | 8:00 AM - 12:00 PM  
DEC 9 | 5:00 PM - 9:00 PM

MEMBERS | \$70 PARTICIPANTS | \$90



GROUP FITNESS CLASSES

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

MEMBERS | FREE 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 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 PARTICIPANTS | \$50  
Six 30-Minute Sessions  
MEMBERS | \$170 PARTICIPANTS | \$230

Single 45-Minute Session  
MEMBERS | \$40 PARTICIPANTS | \$65  
Six 1-Hour Sessions  
MEMBERS | \$200 PARTICIPANTS | \$240

Single 1-Hour Session  
MEMBERS | \$50 PARTICIPANTS | \$75  
Six 1-Hour Sessions  
MEMBERS | \$240 PARTICIPANTS | \$290

GROUP FITNESS CLASSES	
STRENGTH & CARDIO <ul style="list-style-type: none"><li>• Body Basics</li><li>• Barre Fusion</li><li>• Family Fitness</li><li>• Fitness for Life</li><li>• Forever Fit</li><li>• H.I.I.T. and Tabata</li><li>• Kickboxing</li><li>• Pilates Fusion</li><li>• Step Aerobics</li><li>• Step &amp; Sculpt</li><li>• Surge Strength®</li><li>• Total Body Strength</li></ul>	YOGA <ul style="list-style-type: none"><li>• Stable &amp; Strong Yoga</li><li>• Warrior Series Yoga</li><li>• Hatha Yoga</li><li>• Therapeutic Movement</li><li>• Vinyasa Yoga</li><li>• Yoga Flow</li></ul>
INDOOR CYCLING <ul style="list-style-type: none"><li>• Spin® &amp; Sculpt</li><li>• Spin®</li></ul>	DANCE <ul style="list-style-type: none"><li>• Zumba®</li><li>• Hip Hop Dance Fitness</li></ul>

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\*  
*\*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 Certified Personal Trainer, Hayley Berry or Lindsay Rycenga, 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 | \$170 (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](mailto:brandy.fisher@tcfymca.org) for more information.

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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.

WEDNESDAYS | 5:00–5:50 PM

MEMBERS ONLY: \$110

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](mailto: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](mailto: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

FALL 1 ADULT LEAGUES	AGE	DAYS	TEAM FEE
COED INDOOR VOLLEYBALL LEAGUE 9 WEEKS: SEPT 15–NOV 10 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

DROP-IN SPORTS

DROP-IN BASKETBALL

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

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

MEMBERS | FREE

PARTICIPANTS | \$5

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 OR \$10\*

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 league games.

WED | 7:00–9:00 PM

MEMBERS | FREE

PARTICIPANTS | \$5

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 8):  
BEGINNER 7:00 PM  
ADVANCED 8:00 PM

MEMBERS | \$60

PARTICIPANTS | \$95

DROP-IN OPTION:  
MEMBERS | \$10

PARTICIPANTS | \$15

