



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



FIND YOUR Y.
FIND YOUR BEST SELF.
2025 FALL 2
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:

WHAT HAS BEEN COMPLETED?

- Three fully renovated classrooms welcomed students for the 2025-2026 school year in September!
- Partially completed new cooridoor flooring and ceilings.

WHAT IS NEARING COMPLETION?

- An additional, NEW fourth classroom.
- Renovated and updated Pool.
- 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.

DO YOU WANT TO SUPPORT THE Y?

[DONATE TODAY!](#)

UNIVERSAL LOCKER ROOM PROGRESS



POOL AND LOBBY WINDOW PROGRESS



WINDOWS INTO NEW CARDIO/TRACK PROGRESS



COMPLETED RENOVATED PRESCHOOL BATHROOMS



FALL 2 SESSION & PROGRAM UPDATES

- **Aquatics: Pool** will be OPENING SOON! Watch website, email, and social media for re-opening details.
- **Licensed Childcare:** **New location** is in Classroom A.
- **Gymnastics:** **Our NEW Gymnastics Studio**, on the lower level, will be OPENING LATE THIS FALL!
- **Ninja:** **On hold**; look for updates and restart information late fall.
- **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, 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 CLASSROOM





WELCOME

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



FALL 2

FACILITY HOURS

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

SESSION & REGISTRATION

FALL 2 | OCT 27 - DEC 20

MEMBERS: OCTOBER 13

PARTICIPANTS: OCTOBER 20



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
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

[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, OCTOBER 24
FRIDAY, DECEMBER 12

NOVEMBER IRONMAN MEMBER CHALLENGE

Complete a full Ironman during the month of November! Track your miles [Swim 2.4 miles/Bike 112 miles, Run 26.2 miles] during the month as you work towards your goal! Participants will receive support from other members, as well as from Y staff! Finisher t-shirt included. **BONUS!** You'll be able to use our **NEWLY RENOVATED POOL** to log your swim miles. Register at www.tcfymca.org.

MEMBER EXCLUSIVE | \$30
NOV 1 - NOV 30

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.

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 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.

YMCA LOBBY
FALL: MONDAY-THURSDAY
4:00 - 5:00 PM

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, 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
FALL 2	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

WINTER BREAK CAMP
AGES 4-13 YEARS

Don’t hibernate this winter break! Get unplugged and enroll in our Y Winter Break Camp! Winter Break Camp is filled with fun indoor and outdoor activities where kids can play, make new friends, and stay active and healthy! **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.**

WINTER BREAK CAMP SCHEDULE	
DEC 22-23	8:30 AM – 4:30 PM
DEC 24	8:30 AM – 12:00 PM
DEC 26	8:30 AM – 4:30 PM
DEC 29-31	8:30 AM – 4:30 PM
JAN 2	8:30 AM – 4:30 PM

REGISTRATION: MEMBERS | NOV 3
PARTICIPANTS | NOV 10

DAILY
MEMBERS | \$45 PARTICIPANTS | \$60

HALF DAY (DEC 24)
MEMBERS | \$30 PARTICIPANTS | \$45

FULL SESSION (DEC 22–JAN 2, NO CAMP DEC 25/JAN 1)
MEMBERS | \$360 PARTICIPANTS | \$400

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!

2025-26 CLASS OFFERINGS

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, 2025 FULL – Registration opens in February 2026 for the 2026–2027 school year.	T/TH	9:30–11:30 AM	\$175/mo.	\$215/mo.
TWO/THREES *Must be two by Mar. 1st, 2025 FULL – Registration opens in February 2026 for the 2026–2027 school year.	M/W	9:15–11:45 AM	\$190/mo.	\$230/mo.
THREES *Must be three by Dec. 1st, 2025 SPOTS STILL OPEN for the current school year!	T/TH	9:15–11:45 AM	\$195/mo.	\$235/mo.
THREES *Must be three by Dec. 1st, 2025 POTS STILL OPEN for the current school year!	M/W/F	9:15–11:45 AM	\$220/mo.	\$260/mo.



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 
FULL DAY PreK for ALL *Must be four by Dec. 1st, 2025 SPOTS STILL OPEN for the current school year!	M-TH	8:30 AM–3:30 PM	
FULL DAY PreK for ALL *Must be four by Dec. 1st, 2025 SPOTS STILL OPEN for the current school year!	M-TH	8:30 AM–3:30 PM	
AFTERNOON PreK for ALL *Must be four by Dec. 1st, 2025 FULL – Registration opens in February 2026 for the 2026–2027 school year.	M-TH	12:15–3:15 PM	
WMAAA LOCATION			
FULL DAY PreK for ALL *Must be four by Dec. 1st, 2025 SPOTS STILL OPEN for the current school year!	M-TH	8:00 AM–3:00 PM	
FULL DAY PreK for ALL *Must be four by Dec. 1st, 2025 SPOTS STILL OPEN for the current school year!	M-TH	8:00 AM–3:00 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 **Rachael Rudd, Site Director of Preschool**, at rachael.rudd@tcfymca.org



YOUTH SPORTS	AGE	MON	TUES	THUR	SAT	CLASS LENGTH	MEMBER	PARTICIPANT
SPORTS & GAMES	4-5 YRS	4:30 PM				30 MIN	\$45	\$85
INTRO TO BALLET	4-5 YRS		4:30 PM			45 MIN	\$65	\$105
CARTOONING	6-8 YRS				1:15 PM	60 MIN	\$70	\$110
K-POP HIP HOP	9-13 YRS			4:30 PM			\$65	\$105

YOUTH BASKETBALL	GRADE	MON	WED	CLASS LENGTH	MEMBER	PARTICIPANT
COED Y5-K SKILLS & SCRIMMAGES	Y5-K	5:15 PM		45 MIN	\$70	\$110
COED 1st-2nd GRADE SKILLS & SCRIMMAGES	1ST-2ND	6:15 PM		45 MIN	\$70	\$110
COED 3rd-4th GRADE SKILLS & SCRIMMAGES	3RD-4TH		5:15 PM	45 MIN	\$70	\$110
COED 5th-6th GRADE SKILLS & SCRIMMAGES	5TH-6TH		6:15 PM	45 MIN	\$70	\$110

MARK YOUR CALENDARS! YOUTH BASKETBALL LEAGUES (YBL)

Youth Basketball League (YBL) is an instructional league that supports athletes as they grow in confidence and develop basketball skills, while learning teamwork and sportsmanship. The 2026 YBL Season officially begins in January! Registration is as follows (Registration AFTER DEC. 13 may result in a late fee):

EARLY BIRD: NOV 3- NOV 21
MEMBER | \$100 PARTICIPANT | \$140

REGULAR REGISTRATION: NOV 22- DEC 13
MEMBER | \$115 PARTICIPANT | \$155

SPONSORSHIP & REFEREE INFO

INTERESTED IN SPONSORING A YBL TEAM? Please contact Kelly Ruffing at kelly.ruffing@tcfymca.org

INTERESTED IN BEING A YBL REFEREE? Please contact Jentry Karpin at jentry.karpin@tcfymca.org



OUR NEW GYMNASTICS STUDIO IS NEARING COMPLETION!

Get ready to FLIP, JUMP, and CLIMB at the Y with:

- Rec Gymnastics Classes
- Ninja Classes
- Jungle Gym
- Open Gymnastics



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 (OPENING SOON!)	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								●

FALL SCHOOL SPORTS COMING TO AN END?

PICK UP WHERE YOU LEFT OFF AT THE Y! 7th Grade Initiative & Family Membership Upgrade

The 7th Grade Initiative is a Y-USA National Program that provides a FREE Membership to Tri-Cities area 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. **UPGRADE A 7TH GRADE MEMBERSHIP TO A NEW FAMILY MEMBERSHIPS AND 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



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, DUE TO POOL REOPENING SCHEDULE.

NOV 6 | 4:00 PM – 8:00 PM
NOV 7 | 4:00 PM – 8:00 PM
NOV 8 | 8:00 AM – 6:00 PM
NOV 9 | 8:00 AM – 6:00 PM

NOV 13 | 4:00 PM – 8:00 PM
NOV 14 | 4:00 PM – 8:00 PM
NOV 15 | 8:00 AM – 6:00 PM
NOV 16 | 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.

NOV 22 | 8:00 AM – 12:00 PM
DEC 9 | 5:00 PM – 9:00 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.**

OCT 11 | 8:00 AM – 4:00 PM
NOV 8 | 8:00 AM – 4:00 PM
DEC 13 | 8:00 AM – 4:00 PM
DEC 29-30 | 1:00 – 5:00 PM (BOTH DAYS)

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 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 • 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 | \$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.*



OUR FULLY RENOVATED POOL IS NEARING COMPLETION!

Get ready to SPLASH back into the Y Pool:

- Swim Lessons
- Waterworks Classes
- Open Swim
- Lap Swim
- And, more!



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 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 for more information.

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: \$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

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

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

DROP-IN SPORTS

DROP-IN BASKETBALL

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

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! 18+

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! 18+

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. 18+

WED | 7:15-8:45 PM

MEMBERS | FREE

PARTICIPANTS | \$5

COED VOLLEYBALL TOURNAMENT

Gather your volleyball buddies and play for a great cause! Tournament proceeds will go directly to the Tri-Cities Family YMCA Annual Campaign. By participating, you will help provide much-needed services to local youth, adults, and families. 6 vs. 6 format. 18+. Register at www.tcfymca.org.

MONDAY, NOVEMBER 17 | \$60/TEAM



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:
BEGINNER 7:00 PM
ADVANCED 8:00 PM

THURSDAYS:
BEGINNER 1:30 PM

MEMBERS | \$60 PARTICIPANTS | \$95

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