



**THE**  
*Reboot  
Together*  
**PLACE**

**Your Spring reboot starts here.**

**Refresh your goals and find your  
place at the Y this season.**

# LET THE JOURNEY CONTINUE AT THE Y!

## Y for All Capital Improvement Project is nearing completion!

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 opened January 2026!
- Partially completed new corridor flooring and ceilings.
- Renovated and updated Pool.
- New Universal Locker Room.

### WHAT IS NEARING COMPLETION?

- Roof and HVAC system replacement.
- Renovated Support Offices.
- Renovated and updated lobby.
- New Cardio/Track, located on the main level, with overlook to lower level.

### WHAT IS UP NEXT?

- 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 COMPLETED



### TEMPORARY SPIN STUDIO AND WEIGHT ROOM (future Gymnastics)

### COMPLETED RENOVATED POOL



### COMPLETED RENOVATED PRESCHOOL CLASSROOM



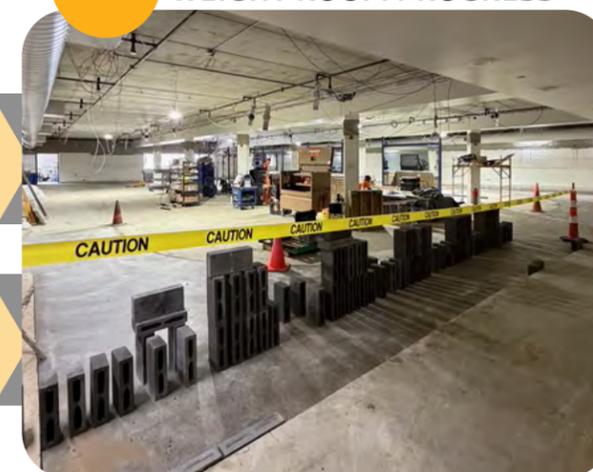
## SPRING SESSION & PROGRAM UPDATES

- **Aquatics: Pool** is OPEN! Lap swim, open swim, swim lessons, and Waterworks classes are back!
- **Locker Rooms and Sauna:** Our new Universal Locker Room is OPEN, which includes PRIVATE CHANGING ROOMS. The Men's and Women's Locker Rooms, as well as the Sauna, are CLOSED for renovation and will *reopen early May*.
- **Licensed Childcare:** **New location** is in Classroom A.
- **Weight Room:** Closed for renovation, but moved to a **temporary location** in the lower level south corridor. The renovated Weight Room will *reopen early May*.
- **Gymnastics and Ninja:** **On hold**; updates and restart information will be available *late spring*.
- **Group Fitness Classes:** Classes will be held in the **Multipurpose Room, West Gym, and Temporary Spin Studio (lower level)**. Please refer to the **Fitness 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.
- **East Gym/Cardio Studio/Track:** **Opening late April.**
- **Lobby/Admin Offices/Welcome Center:** Renovations will be complete *early April*.
- **Kids' World:** Temporarily located in the Mind Body Studio. Renovations will be complete *mid May*.

### COMPLETED RENOVATED POOL WITH SWIM LESSONS



### WEIGHT ROOM PROGRESS





# YOUR SPRING REBOOT STARTS HERE.

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



## SPRING

### FACILITY HOURS

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

## SESSION & REGISTRATION

SPRING | APR 20-JUN 7  
MEMBERS: MARCH 30  
PARTICIPANTS: APRIL 6

CONNECT WITH US

## MEMBER 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, APRIL 10  
FRIDAY, JUNE 26

### SOCIAL HOUR

Members are invited to join us for an hour of FUN on Friday evenings. These special events will be an opportunity to connect with other members, learn something new, and spend Friday evening doing something positive! FREE to members. Pre-register at [www.tcfymca.org](http://www.tcfymca.org).

6:00-7:00 PM

FRIDAY, MARCH 27 | SPEED FRIENDING

Connect with other members with Speed Friending, a fun and engaging way to make new friends!

FRIDAY, APRIL 24 | MAKE, TAKE, BAKE

Learn how to take a classic meal and make it healthier! You will make a pizza to take home and bake.



CHECK OUT OUR FULL SOCIAL SCHEDULE, INCLUDING WELLNESS WEDNESDAYS AND FUN FRIDAYS! FREE TO MEMBERS.

SOCIAL SCHEDULE

## 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](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.



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 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](mailto: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](mailto:brandy.fisher@tcfymca.org).

YMCA LOBBY  
SPRING: MONDAY - FRIDAY  
4:00 - 5:00 PM

# CHILDCARE

# PRESCHOOL



## 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](mailto: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
SPRING	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	\$10/VISIT/CHILD

## NINJA MOVES & POOL GROVES 1ST-4TH GRADERS

Join us for a NEW offering at the Y, specifically programmed for 1st-4th graders! Put your NINJA skills to the test in the West Gym and make a SPLASH in the Pool with open swimming. Pizza, snack, and water provided. Arrive in your swimsuit and bring a towel, gym shoes, and gym clothing.

**MAY 1st | 5:00-8:00 PM**

**MEMBERS | \$30 PARTICIPANTS | \$40**

## 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 10:00am on the day of the event. MUST BE POTTY TRAINED.**

QUESTIONS? Contact Kimber White at [kimber.white@tcfymca.org](mailto:kimber.white@tcfymca.org)

**4:30-7:30 PM  
APRIL 17 / MAY 15  
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**

## 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](mailto: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
<b>TWOS</b> <small>*Must be two by Dec. 1st, 2026</small>	T/TH	9:30-11:30 AM	\$180/mo.	\$220/mo.
<b>TWO/THREES</b> <small>*Must be two by Mar. 1st, 2026</small>	M/W	9:15-11:45 AM	\$195/mo.	\$235/mo.
<b>THREES</b> <small>*Must be three by Dec. 1st, 2026</small>	T/TH	9:15-11:45 AM	\$200/mo.	\$240/mo.
<b>THREES</b> <small>*Must be three by Dec. 1st, 2026</small>	M/W/F	9:15-11:45 AM	\$225/mo.	\$265/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
<b>TRI-CITIES FAMILY YMCA LOCATION</b>			
<b>FULL DAY PreK for ALL</b> <small>*Must be four by Dec. 1st, 2026</small>	M-TH	8:30 AM-3:30 PM	ALL PreK for ALL CLASSES ARE TUITION FREE  
<b>FULL DAY PreK for ALL</b> <small>*Must be four by Dec. 1st, 2026</small>	M-TH	8:30 AM-3:30 PM	
<b>AFTERNOON PreK for ALL</b> <small>*Must be four by Dec. 1st, 2026</small>	M-TH	12:15-3:15 PM	

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

**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](mailto:rachael.rudd@tcfymca.org) if you would like to register your child.



**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**.

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

WMAAA Location Contact: **Jessica Douglas, Site Director of Preschool**, at [jessica.douglas@tcfymca.org](mailto:jessica.douglas@tcfymca.org)



# YOUTH SPORTS

YOUTH SPORTS	AGE	MON	TUES	WED	THURS	SAT	CLASS LENGTH	MEMBER	PARTICIPANT
<b>SPORTS &amp; GAMES</b>	4-5 YRS	4:30 PM					30 MIN	\$45	\$85
<b>CARTOONING</b>	6-8 YRS					12:15 PM	60 MIN	\$75	\$115
<b>SOCCER BASICS</b> (OUTDOORS, WEATHER PERMITTING)	4-5 YRS			5:00 PM			45 MIN	\$65	\$105
	6-8 YRS			6:00 PM					
<b>TENNIS BASICS</b> (OUTDOORS, WEATHER PERMITTING)	6-8 YRS		5:00 PM				45 MIN	\$65	\$105
	9-13 YRS		6:00 PM						
<b>PICKLEBALL</b>	6-8 YRS				5:00 PM		45 MIN	\$65	\$105
	9-13 YRS				6:00 PM				
<b>COED VOLLEYBALL</b>	9-13 YRS	5:15 PM					45 MIN	\$65	\$105
<b>BASKETBALL SKILLS &amp; SCRIMMAGES</b>	1ST-2ND GRADE		5:00 PM				45 MIN	\$65	\$105
	3RD-4TH GRADE		6:00 PM						

## MINI JUNGLE GYM

WALKING - 5 YEARS

While we await our NEW Jungle Gym space, we are offering a Mini Jungle Gym. While Mini Jungle Gym won't be the same as what you are used to, we will still have plenty of options for little ones to run, play, and have fun! Join us in the West Gym to ride trikes, shoot mini hoops, kick soccer balls, play ring toss, tumble, and MORE!

**BEGINS MARCH 23 | MEMBERS: FREE**  
**MONDAYS & THURSDAYS | 10:30AM - 12:00 PM**



# HEALTHY YOUTH

## 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 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								●

## 7<sup>TH</sup> 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.

**SPRING | THURSDAYS**  
**6:00 PM (50 MIN CLASSES)**

**MEMBERS ONLY | \$100**

# AQUATICS

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

AGES 6+YEARS & ADULTS	MON	TUES	WED	THURS	SAT	CLASS LENGTH	MEM.	PART.
<b>1 / WATER ACCLIMATION</b>		4:30PM		4:30PM		45 MIN	\$80	\$120
<b>2 / WATER MOVEMENT</b>		4:30PM 5:15PM		4:30PM 5:15PM		45 MIN	\$80	\$120
<b>3 / WATER STAMINA</b>		5:15PM 6:00PM		5:15PM 6:00PM	10:45AM	45 MIN	\$80	\$120
<b>4 / STROKE INTRODUCTION</b>	6:00PM	6:00PM	7:00PM	6:00PM	11:45AM	45 MIN	\$80	\$120
<b>5 / STROKE DEVELOPMENT</b>	7:00PM	7:00PM		7:00PM		45 MIN	\$80	\$120
<b>6 / STROKE MECHANICS</b>	7:00PM	7:00PM		7:00PM		45 MIN	\$80	\$120
<b>ADULT (16+ YRS)</b>					9:00AM 9:45AM	45 MIN	\$80	\$120

## HOMESCHOOL SWIM LESSONS

Our Homeschool Swim Lessons are perfect for those families who are participating in homeschooling partnerships or not part of a partnership. If you have questions about what level would best fit your child, please contact Ali Weber, Aquatics Director, at [ali.weber@tcfymca.org](mailto: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 PM

# SWIM LEVELS

## 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.

## 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.

## 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.





## 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.*

APR 23 | 4:00 – 8:00 PM  
 APR 24 | 4:00 – 8:00 PM  
 APR 25 | 8:00 AM – 6:00 PM  
 APR 26 | 8:00 AM – 6:00 PM

MAY 8 | 4:00 – 8:00 PM  
 MAY 9 | 8:00 AM – 6:00 PM  
 MAY 10 | 8:00 AM – 4:00 PM

JUN 12 | 4:00 – 8:00 PM  
 JUN 13 | 8:00 AM – 6:00 PM  
 JUN 14 | 8:00 AM – 4:00 PM

MEMBERS | \$200 PARTICIPANTS | \$240

*Can't attend on the dates listed? Contact Ali Weber, Aquatics Director, at [ali.weber@tcfymca.org](mailto:ali.weber@tcfymca.org) with questions.*

## 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.

APR 18 | 8:00 AM – 12:00 PM  
 MAY 12 | 5:00 – 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.**

APR 11 | 8:00 AM – 4:00 PM  
 MAY 9 | 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](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 | \$250 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 1-Hour Session  
 MEMBERS | \$55  
 Six 1-Hour Sessions  
 MEMBERS | \$250

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

## GROUP FITNESS CLASSES

<b>STRENGTH &amp; CARDIO</b> <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.</li> <li>• Kickboxing Circuit</li> <li>• Pilates Fusion</li> <li>• Step Aerobics</li> <li>• Step &amp; Sculpt</li> <li>• Surge Strength®</li> <li>• Total Body Strength</li> </ul>	<b>YOGA</b> <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>
<b>INDOOR CYCLING</b> <ul style="list-style-type: none"> <li>• Spin® &amp; Sculpt</li> <li>• Spin®</li> </ul>	<b>DANCE</b> <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 | \$55 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.*



# HEALTHY ADULTS

## 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](mailto: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:**  
**INTERMEDIATE** 1:30 PM  
**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](mailto: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](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**

## 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**

# ADULT SPORTS

## 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	12:30-3 PM	1:15-3:15 PM	8-11 AM (Begins 4.4)	8-11 AM

### PICKLEBALL CLINICS

Keep an eye out for monthly Pickleball Clinics! We offer Clinics for all player/experience levels, including Beginner, Next Step, and Intermediate.

### 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**  
(starting April 2)

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

### 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!

**WED | 7:00-9:00 PM (Ends June 3)**

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

## ADULT SPORTS PROGRAMS (AGES 18+)

### SPRING ADULT LEAGUES

	AGE	MON	TEAM FEE
<b>COED QUAD VOLLEYBALL</b> Indoor volleyball, 4 vs. 4 game play with two females and two males. <b>6 WEEKS: APR 13 - MAY 18</b>	18+	7:00 PM OR 8:00 PM	\$150

### ADULT BEGINNER PICKLEBALL

Come learn the fastest growing sport! This three week program will teach you the fundamentals of Pickleball, including basic skills, rules, and scoring.

**MARCH 31 - APRIL 7**  
**TUESDAY & THURSDAY | 5:30-7:00 PM**

**MEMBERS | \$70**      **PARTICIPANTS | \$100**

**NEW!**

## SAVE THE DATE SUMMER ADULT SOCCER LEAGUES | REGISTRATION INFO

Registration for Summer Adult Soccer Leagues opens on May 1st! We offer Mens (A Division OPEN 18 + and B Division 30+), Womens (30+), and COED (18+ beginner and 18+ advanced game options) leagues.



# SPECIAL EVENTS



## HEALTHY KIDS DAY

SATURDAY, APRIL 18



Healthy Kids Day is a national initiative focused on improving the health and well-being of kids and families. Celebrated each year, Y's across the country host community-facing events that teach healthy habits, encourage active play and inspire a lifetime love of physical activity. **WATCH FOR MORE DETAILS!**



## SUMMER RACES



2026 RAMI KICK-OFF TO SUMMER RUN

SATURDAY, MAY 23, 2026

5K • 1-MILE

REGISTRATION IS OPEN



2026 TRINITY HEALTH GRAND HAVEN

COAST GUARD CITY USA RUN

SATURDAY, JULY 25, 2026

10K • 5K • COASTIE CHALLENGE • 1-MILE

**REGISTRATION OPENING MID-APRIL**

## MEMORIAL DAY MURPH

Monday,  
May 25th

1

MILE RUN

100

PULL UPS

200

PUSH UPS

300

AIR SQUATS

1

MILE RUN

**WAVE STARTS (12 participants/wave):**  
7:00am, 8:00am, 9:00am

MEMBERS | \$25

PARTICIPANTS | \$40

VETERANS OR ACTIVE DUTY MILITARY\* | \$15

Registration will take place in-person at the Welcome Center.

\*Veterans and/or Active Duty Military must provide proof of service when registering.

