



TRI-CITIES FAMILY YMCA
616-842-7051
tcfymca.org

TRI-CITIES FAMILY YMCA 2026 SUMMER PROGRAM GUIDE

THE
Summer Fun for
Every Age
PLACE



From camps to classes, we've got summer covered for every age and stage.

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'S LEFT TO COMPLETE?
 • Renovated Main Level Restrooms.

DO YOU WANT TO SUPPORT THE Y?
[DONATE TODAY!](#)



COMPLETED UNIVERSAL LOCKER ROOM



COMPLETED RENOVATED PRESCHOOL CLASSROOM

COMPLETED RENOVATED POOL



COMPLETED MENS AND WOMENS LOCKER ROOMS AND COED SAUNA



SUMMER SESSION & PROGRAM UPDATES

- **Aquatics: Pool** renovations are complete!
- **Locker Rooms and Sauna:** Our new Universal Locker Room is complete, which includes PRIVATE CHANGING ROOMS. The Men's and Women's Locker Rooms, as well as the Coed Sauna, are complete!
- **Weight Room:** Renovations are complete!
- **Gymnastics and Ninja:** Programming on hold; renovations are complete!
- **Group Fitness Classes:** Please refer to the [Fitness 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.
- **East Gym/Cardio Studio/Track:** Renovations are complete!
- **Lobby/Admin Offices/Welcome Center:** Renovations are complete!
- **Kids' World:** Renovations are complete!

COMPLETED FRONT ENTRY AUTOMATIC DOORS



COMPLETED WEIGHT ROOM WITH NEW TURF!





WHERE YOUR SUMMER FUN BEGINS

CONNECT WITH US

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

SUMMER

FACILITY HOURS

(BEGINS JUNE 15)

MON-THURS: 5:00AM-8:00PM

FRIDAY: 5:00AM-7:00PM

SAT-SUN: 6:00AM-4:00PM

SESSION & REGISTRATION

SUMMER 1 | JUN 15-JUL 19

MEMBERS: MAY 26

PARTICIPANTS: JUN 1

SUMMER 2 | JUL 20-AUG 23

MEMBERS: JUN 29

PARTICIPANTS: JUL 6



EVENTS

Y TEA TIME

Please join us for a complimentary Y Tea Time every Wednesday IN OUR NEWLY RENOVATED LOBBY! 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, JULY 10 / FRIDAY, AUGUST 21

SUMMER RACES



2026 TRINITY HEALTH GRAND HAVEN COAST GUARD CITY USA RUN
SATURDAY, JULY 25, 2026
10K • 5K • 1-MILE FUN RUN/WALK
OAM/iMOVE 5K+10K COASTIE CHALLENGE
REGISTRATION IS OPEN



MEMBERSHIP

MEMBERSHIP TYPE	AGE
Youth	0-18
Young Adult	19-23
Adult	24-64
Couple	Two adults
Parent/Child	One adult & one child*
Family	One or two adults over age 18 & any dependents through age 23*
Senior-Adult	One adult age 65+
Senior-Couple	Two adults in which one spouse is 65+

*Members must be immediate family, live in same household, and be listed as dependents on IRS 1040. Visit our website or call Welcome Center for current membership rates.

HOW DO I REGISTER FOR MEMBERSHIP?

Online Membership registration is encouraged! It is a simple and easy process:

1. Go to tcfymca.org
2. Click on the JOIN button.
3. Find and click on the Membership that suits you and/or your family.
4. Fill out the registration form.

HOW DO I REGISTER FOR PROGRAMS?

Online program registration is encouraged! It is a simple and easy process:

1. Go to tcfymca.org
2. Click on the REGISTER button.
3. Login to your account or sign up for an account.
4. Find and click on the program you want to register for. Option to donate to the Annual Campaign.
5. Register and provide form of payment.

PROGRAM DEPOSITS & CANCELLATIONS

A NON-REFUNDABLE deposit (not to exceed 20% of the total fee) is due at the time of registration. Cancellations made on or before the Wednesday prior to the session start date will receive a full refund, minus the deposit, to the original form of payment. All other cancellations will receive a full refund in the form of a system credit, minus the deposit. **System credits expire on December 31 of the year issued.**

FINANCIAL ASSISTANCE

The Y's [Community Pricing Program](#) ensures that membership and programs are available to everyone in our service area regardless of their financial situation. This program is supported by contributions to our Annual Campaign, grants from local funders and direct donations.



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.



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
SPRING: MONDAY-FRIDAY | 4-5PM
SUMMER (BEGINS JUNE 15): MONDAY - FRIDAY | 12:00 - 1:00 PM

CHECK OUT OUR FULL [SOCIAL SCHEDULE](#), INCLUDING WELLNESS WEDNESDAYS AND FUN FRIDAYS! FREE TO MEMBERS.

CHILDCARE

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

MON-THURS 7-9AM & 12-6PM FRI 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)**

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
SUMMER (BEGINS JUNE 15)	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



KIDS' WORLD

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
SUMMER (BEGINS JUNE 15): MON & THURS | 12:00-1:30 PM

Located in Lower Level Gymnastics Studio

PRESCHOOL

LEARNING TREE PRESCHOOL

Learning Tree Preschool is a **GREAT PLACE TO GROW!** We are **FULLY LICENSED**, with a dedicated and highly qualified staff. Please email **Rachael Rudd, Site Director of Preschool**, at rachael.rudd@tcfymca.org to learn more and schedule a tour to meet our teachers!


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 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			
FULL DAY PreK for ALL *Must be four by Dec. 1st, 2026	M-TH	8:30 AM-3:30 PM	ALL PreK for ALL CLASSES ARE TUITION FREE 
FULL DAY PreK for ALL *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**.

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



YOUTH SPORTS

SUMMER 1 & 2 YOUTH SPORTS	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	PARTICIPANT
SPORTS & GAMES	4-5 YRS	4:30 PM				30 MIN	\$35	\$65
SOCCER BASICS	4-5 YRS	5:15 PM				45 MIN	\$50	\$90
	6-8 YRS	6:15 PM						
TENNIS BASICS	6-8 YRS				5:15 PM	45 MIN	\$50	\$90
	9-13 YRS				6:15 PM			
PICKLEBALL	6-8 YRS			5:15 PM		45 MIN	\$50	\$90
	9-13 YRS			6:15 PM				
NEW! BEGINNER BEACH VOLLEYBALL Meet at the Grand Haven State Park by the main pavilion. If inclement weather, class will be canceled.	9-13 YRS		5:15 PM			45 MIN	\$55	\$95
NEW! INTERMEDIATE BEACH VOLLEYBALL Meet at the Grand Haven State Park by the main pavilion. If inclement weather, class will be canceled.	9-13 YRS		6:15 PM			45 MIN	\$55	\$95
FLAG FOOTBALL	6-8 YRS		5:15 PM			45 MIN	\$50	\$90
	9-13 YRS		6:15 PM			45 MIN		
ULTIMATE FRISBEE	9-13 YRS				5:15 PM	45 MIN	\$50	\$90
INTRO TO FIELD HOCKEY <i>SUMMER 2 ONLY</i>	9-13 YRS		5:15 PM			45 MIN	\$50	\$90

DROP-IN SAND SOCCER

6-8 YRS AND 9-13 YRS

Drop-in for sand and kicks at the beach! Meet at the Grand Haven State Park by the main pavilion. Our dedicated coaches will teach basic skills and facilitate engaging scrimmages each week! PRE-REGISTRATION is encouraged.

MEMBERS: \$5/SESSION*

PARTICIPANTS: \$10/SESSION*

*Payment MUST be made online or in-person at the Welcome Center. Payment will not be taken at the beach.

TUESDAYS | 6-8 YRS AT 5:15 PM AND 9-13 YRS AT 6:15 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								●

NEW CLASS OPTIONS! STRENGTH TRAINING FOR TEEN ATHLETES

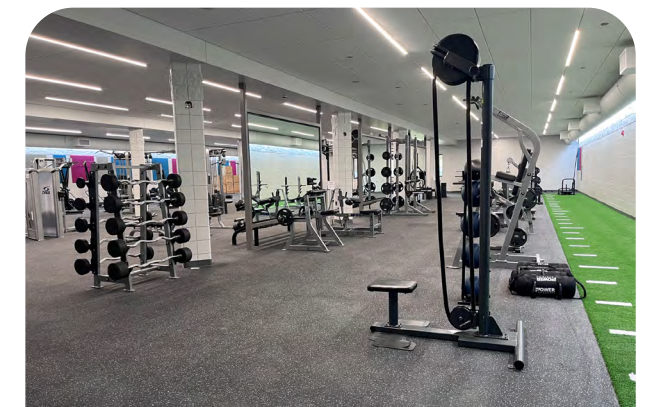
AGES 11-15

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.

SUMMER 1 AND 2 SESSIONS

BEGINNER | MONDAYS AT 12:30 PM (50 MIN)
INTERMEDIATE* | WEDNESDAYS AT 12:30 PM (50 MIN)
**MUST HAVE TAKEN A PREVIOUS CLASS*

MEMBERS ONLY | \$70



TRAIN IN OUR NEWLY RENOVATED WEIGHT ROOM

AQUATICS



SUMMER 1
5 WEEKS

SUMMER 2
4 WEEKS*

3-5 YEARS	MON	TUES	WED	CLASS LENGTH	MEM.	PART.	MEM.	PART.
A/ WATER DISCOVERY	4:30PM		4:30PM	30 MIN	\$45	\$70	\$35	\$60
B/ WATER EXPLORATION	4:30PM		4:30PM	30 MIN	\$45	\$70	\$35	\$60
1 / WATER ACCLIMATION	4:30PM	4:30PM 6:15 PM	4:30PM	30 MIN	\$60	\$100	\$45	\$85
2 / WATER MOVEMENT	5:30PM 6:15 PM	4:30PM 6:15 PM	5:30PM 6:15 PM	30 MIN	\$60	\$100	\$45	\$85
3 / WATER STAMINA	6:15 PM	5:30PM	6:15 PM	30 MIN	\$60	\$100	\$45	\$85

AGES 6+ YEARS	MON	TUES	WED	CLASS LENGTH	MEM.	PART.	MEM.	PART.
1 / WATER ACCLIMATION	4:30PM	4:30PM	4:30PM	45 MIN	\$60	\$100	\$45	\$85
2 / WATER MOVEMENT	4:30PM	5:15PM	4:30PM	45 MIN	\$60	\$100	\$45	\$85
3 / WATER STAMINA	5:15PM	5:15PM	5:15PM	45 MIN	\$60	\$100	\$45	\$85
4 / STROKE INTRODUCTION	5:15PM	6:15PM	5:15PM	45 MIN	\$60	\$100	\$45	\$85
5 / STROKE DEVELOPMENT	6:15PM		6:15PM	45 MIN	\$60	\$100	\$45	\$85
6 / STROKE MECHANICS	6:15 PM		6:15 PM	45 MIN	\$60	\$100	\$45	\$85

4 CLASSES/WEEK 2 WEEKS AGES 3-5 YEARS	MON-THURS	CLASS LENGTH	MEM.	PART.
1 / WATER ACCLIMATION	9:30AM 10:30AM	45 MIN	\$95	\$135
2 / WATER MOVEMENT	9:30AM 11:15AM	45 MIN	\$95	\$135
3 / WATER STAMINA	11:15AM	45 MIN	\$95	\$135

4 CLASSES/WEEK 2 WEEKS AGES 6+ YEARS	MON-THURS	CLASS LENGTH	MEM.	PART.
1 / WATER ACCLIMATION	9:30AM	45 MIN	\$95	\$135
2 / WATER MOVEMENT	9:30AM	45 MIN	\$95	\$135
3 / WATER STAMINA	10:15AM	45 MIN	\$95	\$135
4 / STROKE DEVELOPMENT	10:15AM	45 MIN	\$95	\$135
5 / STROKE DEVELOPMENT	11:15AM	45 MIN	\$95	\$135
6 / STROKE MECHANICS	11:15AM	45 MIN	\$95	\$135

2 WEEK SESSION DATES
ALL 2 WEEK SESSION REGISTRATIONS WILL
OPEN WITH SUMMER 1 REGISTRATION.

- JUNE 15-28
- JUNE 29-JULY 12
- JULY 13-26
- AUG 3-16



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

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.**

JUN 12 | 2:00 – 8:00 PM
 JUN 13 | 8:00 AM – 6:00 PM
 JUN 14 | 8:00 AM – 2:00 PM

MEMBERS | \$200 PARTICIPANTS | \$240

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

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

JULY 31 / AUG 28 | 9 AM – 3 PM

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.

JULY 11 | 8:00 AM – 12:00 PM

MEMBERS | \$70 PARTICIPANTS | \$90

AMERICAN RED CROSS BABYSITTER TRAINING AGES 11 & UP

Participants will learn how to:

- Respond to emergencies with first aid & rescue breathing
- Make good decisions under pressure
- Communicate effectively with parents
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants and toddlers
- Start your babysitting business

Receive hands-on skills practice and additional training in first aid. Attendees will receive a Pediatric First Aid/CPR 2-year certification. Please bring a lunch, snacks, and water. **Pre-registration required. MUST ATTEND BOTH DAYS (TUESDAY & THURSDAY).**

JUNE 16 & 18 | 8:00 AM – 1:00 PM
 JULY 14 & 16 | 8:00 AM – 1:00 PM
 AUG 4 & 6 | 8:00 AM – 1:00 PM

MEMBERS | \$120 PARTICIPANTS | \$160

INTERESTED IN PEDIATRIC FIRST AID/CPR/AED ONLY?
 Contact Ali Weber, Aquatics Director at ali.weber@tcfymca.org

ADULT FITNESS

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 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

STRENGTH & CARDIO <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Stable & Strong Yoga • Warrior Series Yoga • Hatha Yoga • Therapeutic Movement • Vinyasa Yoga • Yoga Flow
INDOOR CYCLING <ul style="list-style-type: none"> • Spin® & Sculpt • Spin® 	DANCE <ul style="list-style-type: none"> • Zumba® • Hip Hop Dance Fitness

SMALL GROUP TRAINING

Would you like to train with a family member or friend(s)? With Small Group Training, participants get the same benefits of having a Personal Trainer, but gain the accountability of a group. You can split the cost of a training session with up to 5 people and work on your goals together with the guidance of one of our certified Personal Trainers. SESSIONS ARE 1-HOUR.

SINGLE SESSION | \$55 SIX SESSIONS | \$250

NEW! BASE STRENGTH: SQUAT SERIES

Build confidence and strength with this small group training program focused on mastering the squat — one of the most important foundational movements in fitness. Throughout the class, you'll learn proper squat mechanics to improve strength, balance, mobility, and stability.

Participants will be guided through technique-focused instruction, movement corrections, and a variety of squat progressions and variations designed for all fitness levels. Whether you're new to squatting or looking to refine your form, this class will help you move better, feel stronger, and train with confidence.

SUMMER 1 AND 2 SESSIONS

TUESDAY | 12:30 PM MEMBERS ONLY | \$70



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 | \$110 (Limited Space, Exclusive to Members)

ADULT TAI CHI

8 WEEK SESSION | JUNE 16–AUG 12
NO CLASS THE WEEK OF JULY 6

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

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

TUESDAYS:
BEGINNER 6:00 PM
ADVANCED 7:00 PM

WEDNESDAYS:
BEGINNER 1:30 PM
INTERMEDIATE 2:30 PM

MEMBERS | \$65 **PARTICIPANTS | \$100**

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.

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.

SUMMER 1 AND 2 SESSIONS

TUESDAYS | 6:00–6:50 PM

MEMBERS ONLY: \$100

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

Blood Pressure Self-Monitoring Program®

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

PEDALING FOR PARKINSON'S

Pedaling a tandem bicycle may change the life of someone with Parkinson's Disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace. While fast pedaling is not a cure, evidence has shown that it can make a real difference. Please contact Brandy Fisher, Health and Wellness Coordinator, at brandy.fisher@tcfymca.org.

TUES / THURS / FRI | 10:15 – 11:00 AM

MEMBERS AND PARTICIPANTS: FREE

HEALTHY ADULTS/ADULT SPORTS



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.*

DROP-IN ADULT SPORTS (AGES 18+)

DROP-IN PICKLEBALL

Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. All ages and abilities can enjoy this fast-growing sport!

SAT / SUN | 8 –10 AM

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

DROP-IN BASKETBALL

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

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

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**

ADULT SOCCER LEAGUES (AGES 18+)

Division and Age	Days and Location	Session 1 Dates and Fees (5 weeks)	Session 2 Dates and Fees (5 weeks)
MEN'S 18+ (7 v. 7)	TUESDAYS at Schmidt Heritage Park	June 16–July 15 \$475	July 21–August 18 \$475
MEN'S 30+ (7 v. 7)	TUESDAYS at Schmidt Heritage Park		
WOMEN'S 30+ (7 v. 7)	THURSDAYS at Hofma Park	June 18–July 16 \$475	July 23–August 20 \$475
CO-ED 18+ (8 v. 8, 3 females)	SUNDAYS at Schmidt Heritage Park	June 21–July 21 \$525	July 26–August 23 \$525

PLAYING BOTH SESSIONS? Enjoy discounted team fees! Contact Jentry Karpin at jentry.karpin@tcfymca.org.

- MEN'S/WOMEN'S SESSION 1 AND 2 | \$825
- CO-ED SESSION 1 AND 2 | \$925