

BUILDING A BETTER US.



2025 SUMMER 2 PROGRAM GUIDE

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

LET THE JOURNEY BEGIN AT THE Y!

Y for All Capital Improvement Project is underway!

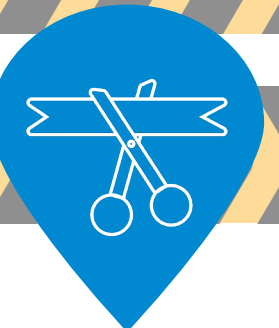
We appreciate your patience as we renovate to improve member experience and sustain our Y for future generations. Planned improvements include:

- 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, Summer 2 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!](#)



SUMMER 2 SESSION & PROGRAM UPDATES

- **Jungle Gym:** On hold; look for updates and restart information late summer/early fall.
- **ACE Place:** Closed.
- **Aquatics:** Pool is closed for renovations until early fall.
- **Whirlpool:** Closed.
- **Licensed Childcare:** New location is the Mind Body Studio on the lower level.
- **Rec Gymnastics:** On hold; look for updates and restart information late summer/early fall.
- **Ninja:** On hold; look for updates and restart information late summer/early fall. Outdoor Ninja Camp is available this summer!
- **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.
- **Preschool Classrooms:** Under renovation until late summer/early fall.

the Y WELCOME

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SUMMER

BEGINS JUNE 9

FACILITY HOURS

MON-THURS: 5:00AM-8:00PM
FRIDAY: 5:00AM-7:00PM
SAT-SUN: 7:00AM-3:00PM

SESSION & REGISTRATION

SUMMER 2 | JULY 21-AUG 24

MEMBERS: JUNE 23

PARTICIPANTS: JUNE 30

SUMMER CAMP | JUNE 9 - AUG 15

2025 SUMMER CAMP GUIDE

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

2025 SUMMER RACES

CONNECT WITH US

2025 Trinity Health Coast Guard City USA Run

Saturday, July 26, 2025
7:30 AM: 5k Run/Walk*
8:30 AM: 10k Run/Walk*
8:45 AM: 1-Mile Family Fun Run
*5K + 10K OAM/i'move Coastie Challenge is returning this year! Start times are the same as the 5K and 10K.

Trinity Health

REGISTER

Interested in volunteering?
Contact Ashley Briscoe at ashley.briscoe@tcfymca.org

COAST GUARD CITY USA RUN

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.



NEW!

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.

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.

YMCA LOBBY
SUMMER: MONDAY-FRIDAY
12:00-1:00 PM (lunch)
2:00-3:00 PM (snack)

CHILDCARE

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

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: \$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	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



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 **Celia Hardin, Early Childhood Assistant Director** at celia.hardin@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
TWOS *Must be two by Dec. 1st, 2025	T/TH	9:30-11:30 AM	\$175/mo.	\$215/mo.
TWO/THREES *Must be two by Mar. 1st, 2025	M/W	9:30 AM-12:00 PM	\$190/mo.	\$230/mo.
THREES *Must be three by Dec. 1st, 2025	T/TH	9:15-11:45 AM	\$195/mo.	\$235/mo.
THREES *Must be three by Dec. 1st, 2025	M/W/F	9:15-11:45 AM	\$220/mo.	\$260/mo.
THREE/FOURS *Must be three by Mar. 1st, 2025	M/W/F	12:30-3:15 PM	\$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			ALL PreK for ALL CLASSES ARE TUITION FREE 
FULL DAY PreK for ALL *Must be four by Dec. 1st, 2025	M-TH	8:30 AM-3:30 PM	
AFTERNOON PreK for ALL *Must be four by Dec. 1st, 2025	M-TH	12:15-3:15 PM	
WMAAA LOCATION			
FULL DAY PreK for ALL *Must be four by Dec. 1st, 2025	M-TH	8:30 AM-3:30 PM	
FULL DAY PreK for ALL *Must be four by Dec. 1st, 2025	M-TH	8:30 AM-3:30 PM	

NEW! We now have **TWO Full Day PreK for ALL** classrooms at our **WMAAA** location!

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

QUESTIONS?
Contact Kelly Haracourt at kelly.haracourt@tcfymca.org

YOUTH SPORTS

YOUTH SPORTS		AGE	MON	WED	THUR	CLASS LENGTH	MEMBER	PARTICIPANT
SPORTS & GAMES		4-5 YRS	4:30 PM			30 MIN	\$30	\$60
SOCCER	4-5 YRS	5:15 PM			45 MIN	\$45	\$85	
	6-8 YRS	6:15 PM						
PICKLEBALL	6-8 YRS		5:15 PM		45 MIN	\$45	\$85	
	9-13 YRS		6:15 PM					
TENNIS	6-8 YRS			5:15 PM	45 MIN	\$45	\$85	
	9-13 YRS			6:15 PM				
FIELD HOCKEY	9-13 YRS		5:15 PM		45 MIN	\$45	\$85	
ULTIMATE FRISBEE	9-13 YRS			6:30 PM	45 MIN	\$45	\$85	
Clash Club (Shōtotsu 衝突) <small>NEW! A sport combat club using a wooden Jo staff based on Japanese Martial arts techniques. Participants will make their own Jo during the first week of class.</small>	10+			5:30 PM	45 MIN	\$45	\$85	
	ADULT & CHILD			5:30 PM		\$65	\$105	

DROP-IN SAND SOCCER SCRIMMAGE

AGES 6-8 AND 9-13

Meet at the beach to play sand soccer! Coaches will teach sand soccer skills and rules, as well as help to facilitate scrimmages. PRE-REGISTRATION is required and will not be accepted at the beach.

TUESDAYS
6-8 YEAR OLDS - 5:15 PM
9-13 YEAR OLDS - 6:15 PM

MEMBERS | \$5/DROP-IN SESSION
PARTICIPANTS | \$10/DROP-IN SESSION

PLEASE NOTE: NO DROP-IN SAND SOCCER DURING
COAST GUARD FESTIVAL WEEK (AUG 5)



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 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								●

AQUATICS SAFETY

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.

JUNE 24 | 2:00 – 6:00 PM JULY 15 | 2:00 – 6:00 PM
JULY 7 | 4:00 – 8:00 PM AUG 11 | 4:00 – 8:00 PM
JULY 14 | 4:00 – 8:00 PM AUG 12 | 2:00 – 6:00 PM

MEMBERS | \$70 PARTICIPANTS | \$90



THE POOL WILL BE CLOSED FOR RENOVATIONS UNTIL EARLY FALL.

Swimmers are encouraged to check out our Group Fitness Classes and YFIT program.

ADULT HEALTH & WELLNESS

GROUP FITNESS CLASSES

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

MEMBERS | FREE PARTICIPANTS | \$15 DAY PASS
**Access to the Y for the whole day.*

HEALTH COACHING

We offer individual Health Coaching sessions to help you find MOTIVATION, SUPPORT, and SUCCESS in reaching your health and wellness goals. Participants will meet one-on-one with a Certified Health Coach. **Your sessions will be tailored to your personal health and wellness journey.**

Six 1-Hour Sessions
MEMBERS | \$230 PARTICIPANTS | \$290

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

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

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.*



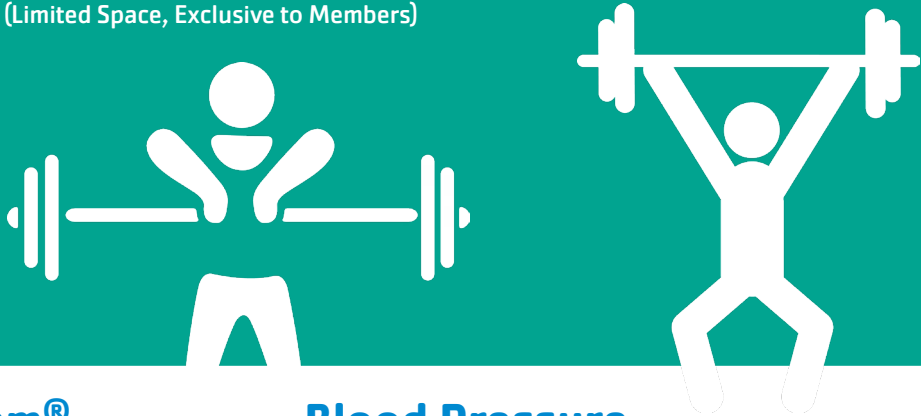
YFIT – FUNCTIONAL FITNESS

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

TUESDAY/THURSDAY
5:45 – 6:30 AM

TUESDAY/THURSDAY
10:30 – 11:15 AM



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.

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 (JUNE 16 – AUG 18, NO CLASS JULY 28):
BEGINNER **6:00 PM**
ADVANCED **7:00 PM**

MEMBERS | \$65 **PARTICIPANTS | \$105**

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 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.

NEW DAYS! TUES / WED / 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

ADULT SPORTS

SUMMER 2 ADULT LEAGUES (5 WEEKS)

MEN’S A DIVISION OPEN 18+ SOCCER MEN'S B DIVISION 30+ SOCCER

JULY 22–AUG 19

Games will be held at Schmidt Heritage Park. Men, ages 30 and over, are invited to participate in this fun, competitive league. Games are played in a 7 vs. 7 format.

WOMEN’S 30+SOCCER

JULY 24–AUG 21

Games will be held at Schmidt Heritage Park. Women, ages 30 and over, are invited to participate in this fun, competitive league. Games are played in a 7 vs. 7 format.

CO-ED SOCCER

JULY 27–AUG 24

18+ can register for A Division (Advanced) or B Division (Beginner). Games are played in an 8 vs. 8 format. Games will be held at Schmidt Heritage Park.

	AGE	TUES	THURS	SUN	TEAM FEE
MEN’S A DIVISION OPEN 18+ SOCCER MEN'S B DIVISION 30+ SOCCER JULY 22–AUG 19 Games will be held at Schmidt Heritage Park. Men, ages 30 and over, are invited to participate in this fun, competitive league. Games are played in a 7 vs. 7 format.	18+ 30+	GAMES BEGIN AT 5:00 PM			\$475
WOMEN’S 30+SOCCER JULY 24–AUG 21 Games will be held at Schmidt Heritage Park. Women, ages 30 and over, are invited to participate in this fun, competitive league. Games are played in a 7 vs. 7 format.	30+		GAMES BEGIN AT 5:30 PM		\$475
CO-ED SOCCER JULY 27–AUG 24 18+ can register for A Division (Advanced) or B Division (Beginner). Games are played in an 8 vs. 8 format. Games will be held at Schmidt Heritage Park.	18+			GAMES BEGIN AT 5:30 PM	\$525

DROP-IN ADULT SPORTS

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 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!

SAT / SUN | 8:00 – 11:00 AM

MEMBERS | FREE **PARTICIPANTS | \$10**

DROP-IN BASKETBALL

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

WED | 5:30 – 7:30 PM

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