



the **Y** | **175** YEAR ANNIVERSARY

# **THE** *Comeback* **PLACE** Starts Here

## **TRI-CITIES FAMILY YMCA** **2026 WINTER 2 PROGRAM GUIDE**

TRI-CITIES FAMILY YMCA  
616-842-7051  
[tcfymca.org](http://tcfymca.org)





# 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.

### 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.

### WHAT IS UP NEXT?

- Renovated and updated lobby.
- New Cardio/Track, located on the main level, with overlook to lower 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 COMPLETED



TEMPORARY SPIN STUDIO AND WEIGHT ROOM (future Gymnastics)



COMPLETED RENOVATED POOL



COMPLETED RENOVATED PRESCHOOL CLASSROOM



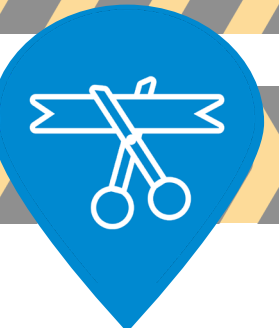
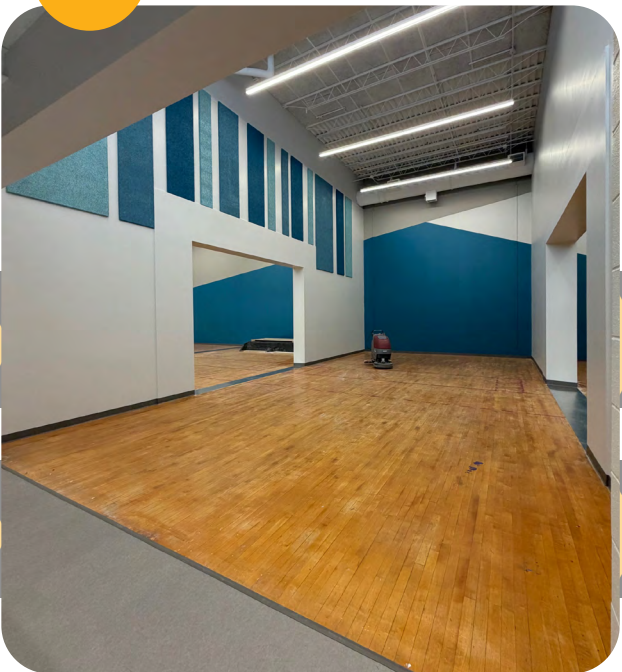
## WINTER 2 SESSION & PROGRAM UPDATES

- **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.
- **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.
- **Ninja: On hold;** look for updates and restart information in 2026.
- **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.

COMPLETED RENOVATED POOL WITH SWIM LESSONS



LOWER LEVEL PROGRESS (OLD RACQUETBALL COURTS)







# YOU BELONG HERE.

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



## WINTER 2

### FACILITY HOURS

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

## SESSION & REGISTRATION

WINTER 2 | FEB 23-APR 19  
MEMBERS: FEBRUARY 9  
PARTICIPANTS: FEBRUARY 16

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

4:00-5:30 PM  
FRIDAY, FEBRUARY 13  
FRIDAY, APRIL 10

### MARCH IRONMAN CHALLENGE

26.2 MILE RUN • 112 MILE BIKE • 2.4 MILE SWIM

Complete a full Ironman during the month of March! Members will track their miles and progress during the month as they work towards their goal. Participants will receive support from other members, as well as from Y staff! Finisher prize included!

MEMBERS ONLY | \$30

### SUMMER RACES | SAVE THE DATES

2026 RAMI KICK-OFF TO SUMMER RUN  
SATURDAY, MAY 23, 2026  
5K • 1-MILE (REGISTRATION OPENS FEB 14)

2026 TRINITY HEALTH GRAND HAVEN  
COAST GUARD CITY USA RUN  
SATURDAY, JULY 25, 2026  
10K • 5K • COASTIE CHALLENGE • 1-MILE



## 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).

**PRESCHOOL CLASSROOM B**  
WINTER: MONDAY - FRIDAY  
4:00 - 5:00 PM



# CHILDCARE & EVENTS FOR KIDS

## 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 of Camp and Childcare, at [celia.hardin@tcfymca.org](mailto:celia.hardin@tcfymca.org)

| MONDAY – FRIDAY, 7-9 AM & 12-6 PM   |       |   |       |
|---|-------|---|-------|
| MEMBERS   |       | PARTICIPANTS<br>(\$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: <b>\$15/hr (MEMBERS ONLY)</b> |       |   |       |

## KIDS' WORLD | DROP-IN CHILDCARE

The Y is here to help you achieve balance in your busy lifestyle. We'll watch your children play while you workout! Our Kids' World services are provided for parents while attending classes, using the Y for fitness, or participating in activities **WITHIN THE FACILITY**. Children play under the supervision of caring, trained YMCA staff. **TWO HOUR LIMIT FOR ALL CHILDREN.**

| KIDS' WORLD HOURS – AGES 3 MONTHS-10 YRS |                              |               |               |                  |   |                       |
|--|------------------------------|---------------|---------------|------------------|---|-----------------------|
| HOURS                                    | MON -THURS                   | FRI           | SAT           | SUN              | MEMBER FEE                                  | ALL OTHER MEMBERSHIPS |
| WINTER 2                                 | 8:30AM-1:15PM<br>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       |

## 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  
FEB 20 / MAR 20 / APR 17  
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



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

| CLASS  | DAYS | TIMES           | TUITION   |
|--|------|-----------------|---|
| WMAAA LOCATION   |      |                 | ALL PreK for ALL CLASSES ARE TUITION FREE<br><br> |
| <b>FULL DAY PreK for ALL</b><br><small>*Must be four by Dec. 1st, 2026</small> | M-TH | 8:00 AM-3:00 PM |   |
| <b>FULL DAY PreK for ALL</b><br><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 officially held the first week of February each year. However, we continue to register students until the start of the new school year. Please contact Rachael Rudd, Site Director, 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   | AGE      | MON     | TUES    | WED     | SAT     | CLASS LENGTH | MEMBER | PARTICIPANT |
|----------------|----------|---------|---------|---------|---------|--------------|--------|-------------|
| SPORTS & GAMES | 4-5 YRS  | 4:15 PM |         |         |         | 30 MIN       | \$40   | \$80        |
| BALLET BASICS  | 4-5 YRS  |         | 4:30 PM |         |         | 45 MIN       | \$60   | \$100       |
| CARTOONING     | 6-8 YRS  |         |         |         | 1:15 PM | 60 MIN       | \$70   | \$110       |
| K-POP HIP HOP  | 9-13 YRS |         |         | 4:00 PM |         | 45 MIN       | \$60   | \$100       |



SPLASH & DASH DODGEBALL

1ST-4TH GRADERS

























Join us for a NEW offering at the Y, specifically programmed for 1st-4th graders! Make a DASH with dodgeball in the West Gym and make a SPLASH in the Pool with open swimming. Pizza, snack, and water provided. Please arrive in your swimsuit and bring a towel, gym shoes, and gym clothing.

MARCH 13 | 5:00-8:00 PM

MEMBERS | \$30      PARTICIPANTS | \$40

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.

WINTER 2 | THURSDAYS  
6:00 PM (50 MIN CLASSES)

MEMBERS ONLY | \$100

# SWIM LESSONS

| AGES 6 MON–5 YEARS                                     | MON    | TUES    | WED              | THUR    | CLASS LENGTH | MEM. | PART. |
|--|--------|---------|------------------|---------|--------------|------|-------|
| <b>A/ WATER DISCOVERY</b><br>(6 MON–3 YR, W/ PARENT)   | 4:30PM | 9:30AM  |                  |         | 30 MIN       | \$65 | \$90  |
| <b>B/ WATER EXPLORATION</b><br>(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<br>5:15PM | 11:00AM | 30 MIN       | \$80 | \$120 |
| <b>3 / WATER STAMINA</b>                               |        | 11:45AM | 5:15PM<br>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<br>5:15PM |        | 4:30PM<br>5:15PM |        | 45 MIN       | \$80 | \$120 |
| <b>3 / WATER STAMINA</b>       |        | 5:15PM<br>6:00PM | 6:00PM | 5:15PM<br>6:00PM |        | 45 MIN       | \$80 | \$120 |
| <b>4 / STROKE INTRODUCTION</b> | 6:00PM | 6:00PM           | 7:00PM | 6:00PM           |        | 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>         |        |                  |        |                  | 9:45AM | 45 MIN       | \$80 | \$120 |

## HOMESCHOOL SWIM LESSONS

Our Homeschool Swim Lessons are perfect for those families who are participating in homeschooling partnerships. Please ask us to ensure we currently work with your 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 AM |



# SWIM LESSON 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

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.*

## LIFEGUARD RECERTIFICATION

Class participants must hold a current American Red Cross Lifeguard Certification to participate in this course.

MAR 7 | 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.

FEB 21 | 8:00 AM – 12:00 PM  
MAR 10 | 5:00 PM – 9:00 PM  
APR 18 | 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.**

MAR 14 | 8:00 AM – 4:00 PM  
APR 11 | 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 | \$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 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 1-Hour 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\*  
*\*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 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:**  
**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**

### WINTER ADULT LEAGUES

#### COED QUAD VOLLEYBALL

Indoor volleyball, 4 vs. 4 game play with two females and two males. **6 WEEKS: APR 13 – MAY 18**

| AGE | MON                      | SUN | TEAM FEE |
|-----|--------------------------|-----|----------|
| 18+ | 7:00 PM<br>OR<br>8:00 PM |     | \$150    |

## 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 | 12–3 PM | 1:15–3:15 PM | 8–11:00 AM<br>(Begins 4.4) | 8–11:00 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+.

**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**

