



GREAT OPPORTUNITIES FOR OUR SOCIAL REC MEMBERS! OPEN TO ALL MEMBERS!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOCIAL SCHEDULE

» MARCH & APRIL 2026 FREE to members!

WELLNESS WEDNESDAY & FUN FRIDAY (1-2 PM)

MARCH	APRIL
WEDNESDAY, MARCH 4: BASKETBALL & DODGEBALL WEST GYM	WEDNESDAY, APRIL 1: SWIMMING & WATER AEROBICS POOL
WEDNESDAY, MARCH 11: YOGA & STRETCHING MPR	WEDNESDAY, APRIL 15: PICKLEBALL WEST GYM CHAIR STRENGTH MPR
FRIDAY, MARCH 13: BUILD A LEPRECHAUN TRAP MPR	FRIDAY, APRIL 17: HULA HOOPING MPR
WEDNESDAY, MARCH 18: BASKETBALL & CHAIR STRENGTH WEST GYM	WEDNESDAY, APRIL 22: CHAIR STRENGTH MPR
FRIDAY, MARCH 20: SHAMROCK SHIMMY DANCING MPR	FRIDAY, APRIL 24: OUTSIDE KICKBALL MULLIGANS FIELD
WEDNESDAY, MARCH 25: CARDIO & STRENGTH CIRCUIT TRAINING MPR	WEDNESDAY, APRIL 29: BASKETBALL & DODGEBALL MPR
FRIDAY, MARCH 27: FITNESS BINGO MPR	

SOCIAL HOUR & SOCIAL SUPPER

MARCH	APRIL
FRIDAY, MARCH 27 (6-7 PM): SOCIAL HOUR SPEED FRIENDING MPR Connect with other members with Speed Friending, a fun and engaging way to make new friends!	FRIDAY, APRIL 10 (4:00-5:30 PM): SOCIAL SUPPER MPR
	FRIDAY, APRIL 24 (6-7 PM): SOCIAL HOUR MAKE, TAKE, BAKE MPR Learn how to take a classic meal and make it healthier! You will make a pizza to take home and bake.

Tri-Cities Family YMCA

1 Y Drive, Grand Haven, MI 49417 | 616.842.7051 | tcfymca.org